

# the Wharf

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**FREE**

JULY 25, 2013



**WIN**

**M&S lunch hamper**

**P9**



**TOM TIME**

**We review chef's new Kitchen**

**P69**



## Reach for the beach



Is it Marbella, the Costa del Sol or perhaps a Florida suntrap? No, this beach with its sand sizzling in the London heatwave slopes down to the crystal blue waters of... Royal Victoria Dock. It is the brainchild of Eleanor Barrett, left, and Rosie Freeman, of The Brick Box organisation **Page 3**

**SUMMER SIZZLERS**

BBQ recipes with Mexican flair from Thomasina Miers

**P9**

**THINK THIN!**

Our new columnist Caroline Waterston watches her weight

**PLUS**

**Free diet class**

**P66**



## PRIDE & SHAME

One block for the rich, one for the poor – Tower Hamlets dumps social cohesion to push through City Pride site **P5**

**SPECIAL SUPPLEMENT** 12-page pull-out looking at Stratford and Bow + 40-page **Property**



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## WEATHER

**26C TODAY**  
Partly cloudy

**26C FRIDAY**  
Partly cloudy

**27C SATURDAY**  
Possible storms

**25C SUNDAY**  
Scattered showers

**23C MONDAY**  
Scattered showers

## TRAVEL

### TUBE & DLR

There are no planned works on the Jubilee line or DLR. The Overground is affected with, among disruptions, no service between South Tottenham and Barking.

### ROADS

No major closures.

## INSIDE

### NEWS

Pages 1-11

### WHAT'S ON

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### WHARF EAST

From Page 13

### PROPERTY

From Page 19

### LIFESTYLE

Pages 66-69

### REGULARS

Pages 70-75

# Agenda

# We should shut up shop for August

It's been hot. I take full responsibility for our clement fortune, as I published a column in this very newspaper just a few weeks ago, discussing the predictions for a washout summer.

All hail me, the tempter of fate. In case fate is a regular reader: it's definitely, going to be snowing by the end of July. 100 per cent.

Recent weeks have shown the great British Isles can do summer.

We should stand shoulder to shoulder with our warm climate continental cousins: we too should close for August. Italy, France, and various other countries awash with

## BLONDE'S EYE VIEW



ANGELA CLARKE

regular sunshine, shut up shop (and offices, and companies) for the month of August.

Imagine four whole weeks off work. And then a bank holiday! How have we never thought of this before? Oh yeah, because it was raining.

It's time to get down to business. Or rather, down to the close of business. Let's think of the benefits with everyone having August off.

There'll be no getting someone else's voicemail, or crossly cursing an out of office email, when you're on deadline.

We'll all be in it together. "It" most

likely being a swimming pool. Or a bar. Or a bar in a pool! We will be happy, and calm, and cool. Employers, you all know we're just staring out the window at the river and counting down the seconds till our next Pimm's anyway.

Abandon this facade of productivity. Think of staff morale. Think of the savings you'll make in electricity with the lights, computers and air con switched off. Think of that long cold beer you'd like to sup. Unfurl a banner on One Canada Square: "E14 is out to lunch, back in September."

Follow Angela on Twitter: @TheAngelaClarke

## London eye



The Duke and Duchess of Cambridge appear with their baby son, outside the Lindo Wing of St Mary's Hospital, in London on Tuesday

A week in London  
Page 70

## What our writers are talking about

■ Safer road design, lower speed limits and better HGV safety are just some of the proposals which can turn words into action.

Jim Fitzpatrick MP

■ After all, who wants to be an afterthought, someone to make up the numbers – it's almost as bad as being a plus one.

Tabitha Ronson

■ Many will find the quirkiness tooth-tingling, like too much sugar in the espresso. And not without reason.

Giles Broadbent

■ The unexciting fillet steak was a little too salty and the chunky chips dipped in a rich béarnaise sauce, proved the highlight.

Kay Lockett

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## 60 Second Wharf

### NEWS

#### A trying weekend

The triathlon returns to the Royal Docks this weekend, bringing with it the prospect of chaos on the roads.

News • Page 4

#### New hotel gets started

A new hotel next to The O2 will be an engine to drive the regeneration of the Greenwich Peninsula.

News • Page 7

#### A year on from Games

A year on from the Olympic Games, a weekend of celebrations and athletics is lined up for the Park.

News • Page 10

### FEATURES

#### The Queen of Wapping

Dame Helen Mirren, Queen of Wapping, looks back on the ups and downs of her career.

What's On • Page 12

#### Weight Watchers offer

Meet our new columnist and find out how you can get a Weight Watchers session and cook book for free.

Health • Pages 66-67

#### Crest of a wave

Newquay, UK's capital of surfing, has plenty to offer those looking to escape the city heat.

Travel • Page 71



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# Sitting on the dock of the bay



## SUMMER

Social entrepreneurs bring the beach to the city, writes **Beth Allcock**

It could be Marbella, San Tropez or Cancun but the cranes in the background are the giveaway. The slipway into the Royal Victoria Dock, next to the Emirates Cable Car, has become a fully-fledged beach with the final ingredient – blistering sunshine – coming along on cue.

A former industrial engine room and, elsewhere, an A13 underpass might not shine out as typical summer hotspots but, for creative duo Rosie Freeman and Eleanor Barrett, of social enterprise The Brick Box, they are perfect candidates.

For the past three years the south east London pair have been hosting a variety of creative activities in unorthodox spaces including derelict pubs and markets, in an attempt to join together communities and make the arts industry more accessible.

This summer, they set their sights on Newham for two projects in the borough – a beach at the Royal Docks filled with deckchairs, vintage bathing machines playing out cinema footage of the old docks, an “odorama” experience together with live music and games – although Docklands residents prefer the beach as a sun trap.

A distinctly less sandy A13 Canning Town underpass, Friday evenings will be reserved for pop-up bars, local food and jazz and swing.

Deptford resident Rosie said by putting on events in such non-traditional spaces, The Brick Box also helped to target people who could not always access such art forms.

Eleanor said: “I just feel excited by the idea of breaking out of institutions.

“We are just looking at a different way of expressing the arts in a more accessible way.

“I am interested in the arts being involved in everyday stuff and not something you see as separate.

“When we were doing things in Tooting Market we were doing it alongside the traders – we were doing art, love and magic alongside butcher’s sausages and turnips.

“Particularly with the A13 project, we are trying to take new people to Newham who may not have visited before – people who wouldn’t normally think to come to Canning Town.



Eleanor Barrett, left, and Rosie Freeman founders of The Brick Box arts organisation, on the beach at Royal Docks

## DETAILS

■ **Royal Victoria Beach:** Project runs every Saturday from July 27 for nine weeks, from noon until 8pm – although the beach itself is open daily.

■ **A13 Canning Town:** Project runs every Friday evening from July 26 for nine weeks.

■ Both are free to access, with separate charges for food and drink.

“At the same time, it’s also for local people and supporting them in feeling proud of their community.”

After receiving the nod from Newham Council at the beginning of July, the pair have been busy putting their plans into practice.

And they admitted their work often crossed-over with regeneration projects or areas suffering from anti-social behaviour, as in the Canning Town project.

Rosie said: “Our offer isn’t that we are local, it’s more our specialism is working creatively with difficult or challenging areas.

“You have got different sorts of people living together and it’s good to have an excuse for people to get together.”

## NEWS IN BRIEF

Around east London

### Lorry driver takes blame for death

**EAST LONDON** A lorry driver has been spared jail after he pleaded guilty to killing a 58-year-old cyclist at the Bow roundabout in 2011.

David Cox, of Chalfont St Giles, admitted causing death by careless driving at Inner London Crown Court on Tuesday.

The 49-year-old was handed a sentence of 24 weeks imprisonment – suspended for 12 months – ordered to undertake 100 hours of community service and disqualified from driving for two years, at the same hearing.

### Will.i.am returns for festive stint

**GREENWICH** After a stint on The O2 stage duetting with pal Cheryl Cole last year, Will.i.am is returning in December for a show of his own.

The seven-time Grammy Award winner, producer and songwriter will perform on December 5, with tickets on sale on Friday.

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## School's out, style's in

DEPRIVED Tower Hamlets teenagers turned on the style when they hired exotic supercars that rivalled the price tags of the tower blocks where they lived.

Lamborghinis, Ferraris and Bentleys took pupils to their prom-like National Record of Achievement ceremonies.

"It's showing off. Playing music, going from area to area to area," said Foyzur Rahman, a pupil at Swanlea School, who split a £400 fee to rent an Audi S4 for four days.



Above left, Aisha, 16, talks to fellow pupil Tanvir Shahriyar, 16, next to his hired Ferrari, on the Rickman Street Estate. Above, Aminul Mishu Alam, 16, walks past the supercars. Below left, school friends Jannat and Wahid sit in a Maybach. Below right: Tahmina Ahmed, 16, poses in front of a Rolls Royce hired by friends for a parade of supercars

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## Return of triathlon and prospect of disruption

### TRANSPORT

Giles.Broadbent  
 @wharf.co.uk

THE Virgin Active London Triathlon returns to the Royal Docks at the weekend - bringing back memories of gridlock that brought east London to a standstill at the last event.

Drivers were sent on indicated detours during the weekend in September last year and, in sweltering weather, the road network ground to a halt.

Last year Transport for London told MP Jim Fitzpatrick it would make greater efforts the next time around and the Poplar and Limehouse representative said he was satisfied adequate work had been done.

TfL's Tim Ward told the MP: "We have worked with local boroughs and the event organisers to ensure local residents and businesses are aware of any road closures or anticipated travel disruption.

"Along with travel information on both the TfL and organiser's websites, we have also directly emailed road users in central and east London about the road closures for the event and included information in our weekly bulletin to the freight industry.

"As always for these events, if people are unsure we advise them to check before they travel to ensure they are not affected."

Virgin has given travel information stating that Tidal Basin Road, including the Lower Lea Crossing, would be closed.

Royal Albert Way dual carriageway is closed between Gallions roundabout and Connaught Bridge. There will be one lane open Westbound to allow for access to

Newham Council Offices, The Regatta Centre and the Yi-Ban Restaurant.

The Limehouse link will also be affected on Sunday and, generally, progress will be slow on all roads.

For full details of all road closures go to [thelondontriathlon.co.uk](http://thelondontriathlon.co.uk).



The Wharf,  
 September 2012

## First Muslim imam joins chaplaincy

CANARY Wharf has appointed its first dedicated Muslim chaplain.

Shaykh Ibrahim Mogra will be working with the Canary Wharf chaplaincy team one day a week, providing support to all faiths, in addition to the Wharf's Muslim community.

Having served as an imam for over 20 years, Ibrahim brings a wealth of experience to the role.

He joins a chaplaincy team that already includes Anglican priest the Rev Dr Fiona Stewart-Darling, Bishop's Chaplain to Docklands, Mgr Vladimir Feltzmann, a Roman Catholic priest, and Rabbi Moshe Freeman, the Jewish chaplain.

Ibrahim said: "I am very excited to be joining a successful chaplaincy team in Canary Wharf and very much looking forward to working here, bringing my experience and learning more about how the chaplaincy reaches and works with the business and retail communities."



Shaykh  
 Ibrahim  
 Mogra

# City Pride gets green light in face of protest

Council allows developer to ship out social housing

**A** controversial application to build a 75-storey skyscraper on the site of the former City Pride pub has been given the green light – despite being rejected by Tower Hamlets councillors last month.

The scheme, by developers Chalegrove Properties Limited, will see private housing focussed on the north of the island, with the social housing shunted to a separate scheme.

This notion of separating out social housing directly contradicts the council's own policies.

At the City Pride site, 752 homes will be private while just 70 will be allocated for shared ownership.

Councillors turned down the plans in June voicing citing a failure to represent "a mixed and balanced community".

The developer's separate affordable housing development, Island Point, will offer 173 homes in a six-storey tower on the south of the Isle of Dogs.

At Thursday's strategic development committee meeting, chairman Cllr Helal Abbas used his casting vote to push through the City Pride plans while Island Point was passed by four votes to two.

The developer said it was "delighted" to be granted the opportunity to regenerate the sites and create an "iconic landmark" for the Isle of Dogs.

But concern about the separation of social housing remains, with Conservative councillor Peter Golds, representing Blackwall and Cubitt Town, branding the approval a "terrible decision".

He said: "It's sending out the wrong message. It does nothing for community cohesion. The [City Pride] site is going to be ghastly serviced apartments."



The City Pride development will be a metre shorter than One Canada Square once ground levels are taken into consideration

"It's not people who will live there, it's people who are passing through. It should be mixed. Every survey there is shows you build a stable community with a mixed development. Tower Hamlets has regressed 40 years."

A council spokesman said the approval of the application did not commit the body to give the nod to similar developments.

He said: "In relation to City Pride, it is not considered that the development would detrimentally affect the balance of the community in the locality as there are a number of mixed tenure schemes including the adjacent development at the Landmark."

"It was considered that the Island Point site afforded a better opportunity to provide good quality family housing with access to private gardens and better open space for children's play."

The plans will now be referred to the Mayor of London for approval.

**Beth Allcock**



Tower Hamlets has regressed 40 years  
**Peter Golds**

## WHARF COMMENT

### Pushing at an open door

**B**ear with us while we present some hypocritical gobbledegook: "The City Pride site fails to represent a mixed and balanced community contrary to strategic objective 8 and policy SP02 of the Core Strategy 2010, policy DM3 of the Managing Development Document 2013, policy 3.9 of the London Plan 2011 and the National Planning Policy Framework which seeks to promote sustainable development through fostering social diversity and redressing social exclusion."

What a lot of words. What a lot of policies. What an urgent and necessary demand. What a lofty aspiration Tower Hamlets Borough Council has set itself to address one of its most severe issues, the stark divisions between rich and poor.

And, what a lot of hot air. Just words. Social division is as nothing compared to the overbearing desire to cram the Isle of Dogs with lucrative apartments.

Who can blame developers for chancing their arm? They're pushing at an open door. Policies? Pah! Press 'em, they'll fold.

The borough's – ahem – "planners" have

set a precedent which states that it is now feasible for a developer to buy up two sites – one in desirable Isle of Dogs the other in, say, a poor stretch of Poplar – then decant the social housing obligations into the cheaper block freeing up the desirable land for those who will pay top dollar.

This from a council that has a figleaf equality initiative called One Tower Hamlets. Little wonder the planning department has been called a "basket case" by professionals in the property game.

Anyone who has attended a planning meeting will know the score. The officers are championing development all the time, regardless of sanity, sense and policy, until the developers who turn up to argue their case must wonder why they wasted their bus fare.

Woe betide councillors who try to exercise their duty. They will be reminded in stern tones of the all-encompassing yet nebulous threat of an appeal. That to say "no" would be to let down the team.

City Pride? City shame.

**Giles Broadbent**

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## SAMPLE MENU

### Starters

Soup of the Day

~  
Chicken Liver Pate with Spiced Apple Chutney

~  
Stilton & Walnut Tart with a Caramelised Pear & Compôte

~  
John Ross Jr. Smoked Salmon

~  
Tempura Tiger Prawns with Honey & Soy Dressing

~  
Beef Carpaccio with Capers, Shallots & Horseradish Dressing

~  
Classic Prawn Cocktail

~  
Cornish Crispy Calamari with Garlic Mayonnaise

### Main Courses

Fillet of Battered Atlantic Cod

~  
Grilled Fillet of Cornish Plaice with Seafood Butter

~  
Assiette of Grilled Fish - Salmon, Cod & Halibut with Salsa Verde

~  
Roasted Cornish Monkfish wrapped in Smoked Streaky Bacon with a Tomato & Red Pepper Sauce

~  
Steamed Shetland Mussels in a Chablis Cream and Shallot Sauce

~  
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~  
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~  
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~  
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## Helen Mirren interview / P12

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## Digest

# The Week In Brief

July 18-25 • Round-up of other news from the last 7 days



### Photo story

**LIMEHOUSE** Emotional wartime stories of east London's evacuees have been brought back to life as part of a theatre project.

Tower Hamlets schoolchildren had an insight into '40s London, by chatting to evacuees who were sent away from their families to live in the countryside, as well as learning about their childhood songs and games.

They then compiled letters to their parents putting themselves in the role of a young evacuee. The culmination of the Evacuee Play Trove Project, a collaboration between London Play and The Half Moon Young People's Theatre, saw the youngsters act their research in a poignant musical.

## Tributes to cyclist killed in collision with lorry

**EAST LONDON** The cyclist who was killed in the incident at Holborn last week was a 54-year-old man from Poplar, police have revealed.

Alan Neve was hit by a lorry at around 9.25am last Monday. Paramedics arrived shortly after but he died at the scene.

Mr Neve was an audit and monitoring manager at PRS for Music, where he had worked for 30 years.

His cousin, Jonathan told the *Evening Standard*: "He was a wonderful person and a joy to be around. He will be missed terribly."

## CWG in £128m Westferry Circus asset grab deal

**EAST LONDON** Canary Wharf Group has bought 15 Westferry Circus out of administration for £128million.

The company had sold the asset to Irish property vehicle Vico Capital in 2006 for £134million.

US bank Morgan Stanley has a 35-year lease on the office building, which expires in 2036, with a break clause in 2026. It is currently sub-let to rail maintenance firm Tube Lines and generates around £8.22million of income per year.

CWG bought 7 Westferry Circus in March.

## Students set record for trip round DLR stations

**EAST LONDON** If you've got a bit of time on your hands then how about taking on this record?

Students Sam Gunner and Matthew Delaloye have set the time to beat for visiting every stop on the DLR line.

"We were aiming for three hours and did it in two hours and 43 minutes," said Sam, 20, from Burgess Hill.

"I believe we found the best route with as little doubling back on ourselves as possible."

The record was set last Tuesday. They



Sam Gunner, left, and Matthew Delaloye

are the first to attempt the feat since the newest line, from Canning Town to Stratford, was completed in 2011.

## Borough gets no extra cash for school places

**TOWER HAMLETS** Labour claims the shortage of school places in Tower Hamlets is set to continue after the borough received no cash from a Government scheme.

Cllr Amy Whitelock, Labour's spokeswoman for education, said the failure to get funds from the Priority Schools Building Programme reflected Mayor Lutfur Rahman's "inability to stand up for residents".

A council spokesman denied Labour's claim saying: "There were no schools in Tower Hamlets regarded as being in sufficiently poor condition to warrant bidding for the money."

## Man jailed for 20 years after 'spree of violence'

**TOWER HAMLETS** An Isle of Dogs man who embarked on a "spree of violence" in Brick Lane resulting in the stabbing of two innocent men will spend the next 20 years behind bars.

Daniel Watkins, of New Union Close E14, was found guilty of attempted murder, GBH, possession of an offensive weapon and assault following the incident on May 4, 2012.

The 22-year-old was sentenced at Snaresbrook Crown Court on July 18.

His accomplice, a juvenile from E14 who cannot be named for legal reasons, was also found guilty and is staying at a hospital facility.

# Why hotel is key to growth of peninsula

## REGENERATION

Kay Lockett  
@wharf.co.uk

The Olympics last year was just one phase in what is the evolution of this global city," said Matt Luscumbe, senior vice president of InterContinental Hotels Group.

"London is in this constant state of growth and over the next few decades this area of land will be further transformed."

He was talking about the North Greenwich peninsula, home of The O2, and spoke at a ground-breaking ceremony to mark the beginning of construction on a £12million hotel and residential regeneration scheme there.

Balfour Beatty and its partners are regenerating 7.6 acres of the peninsula, with the centrepiece being The InterContinental London The O2, a 19-storey, 452-room five-star hotel.

MP for Greenwich and Woolwich, Nick Raynsford told *The Wharf* at Friday's event: "This is a very important further stage of the regeneration of Greenwich Peninsula."

"We have already seen The O2



Senior vice president of IHG Matt Luscumbe and Nick Raynsford MP break the ground for a new hotel, below

become a huge success. With North Greenwich station attracting huge amounts of people, who use it every day for commuting and also by those visiting The O2. Offices are beginning to develop here and this hotel is going to be a very important further addition.

"It will give a big boost to the economic development of Greenwich and further drive forward regeneration."

He said the tourist legacy of the 2012 Games was another piece in the jigsaw.



KAY LOCKETT

## Read on »

Tom Voyce: From rugby to FX

Business / Page 72

The regeneration of east London

Supplement / Page 13



"This is going to become an increasingly important destination for tourists – so this hotel where people can stay overnight rather than staying in central London will make a big difference to the economy."

"The crucial thing is also to get more housing here in the future – both for those with a lot of money and those without, building a mixed housing community – that's my dream for this area."

Containing 4,800sq m of space for conferences and events and what will be Europe's largest pillar-free ballroom, the hotel will also offer leisure facilities including a health spa, several restaurants and a Sky Bar.

The hotel is designed to be sustainable to Bream "Excellent" standards and will be built on land reclaimed from previously polluted soil. It will have the latest sustainable features such as green roofs and surrounds, which will harvest water to reduce demand on the mains supply.

The development will also include The Peninsula Tower, a 23-storey development offering 100 serviced apartments.

The project is being funded by the Queensgate Investment Fund and construction will be carried out over two years, delivered in summer 2015.



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# Notebook

## Spontaneity? I need long preparation for such a thing

Master A and I were recently invited to the launch of a theatre's new interactive website for children.

I was thrilled. Partly, because I absolutely love this particular theatre, its history, location and the work it produces, and partly because I think the earlier a child is exposed to the arts, the better. I never want Master A to be intimidated by culture.

And then, we were uninvited!

The person who invited us – a friend and former colleague – was, as one might

imagine, mortified. He couldn't have been more apologetic. Although a tad disappointed, I shrugged off the matter and didn't think any more about it.

Until, I received a phone call two days' ahead of the event from a chirpy PR girl asking me if I was still interested in attending the event.

Considering the launch was aimed at parents and their offspring, I would have thought someone in the PR department would have done their homework.

All the parents I know organise their diaries months in advance, their children

### WORKING MUM



TABITHA RONSON

setting the agenda with various clubs, activities, parties, et al.

Gone are the days when one could jump on a plane to Nice on a whim.

I had a friend who would phone up at the beginning of every year and say: "I'm getting all my dates in the diary. As it stands, I can only fit you in this weekend or that weekend. Which one works for you?"

I used to laugh at her profound lack of spontaneity.

I am that person now; our diary is blocked to almost the end of the year.

I don't even know how I am going to squeeze in the invitation from the Duke and Duchess of Cambridge to the christening.

Needless to say, Master A and I didn't go to the launch. And, even if we had been free, I wouldn't have been inclined to attend.

After all, who wants to be an after-thought, someone to make up the numbers – it's almost as bad as being a plus one.

Working Mum, wondering what exactly a PR department does.

## POLITICAL VIEWPOINT

By Jim Fitzpatrick

### Three deaths of cyclists is unacceptable

Cycling has been on my mind this week. We all heard the tragic news that a man from Poplar had become the third cyclist to die on the city's streets in three weeks; constituents have got in touch about the #CycleSafe Commons debate in September; and I've been taking advantage of the weather to cycle in to Westminster whenever possible.

All this has made me think of the huge discussion we've had on cycling for the last few years.

It's because of this debate we now know what we have to do to make our roads safe and encourage people to get on a bike.

More investment, safer road design, lower speed limits, better



We must reassure cyclists that we're on their side

HGV safety and driver training are just some of the many proposals which can turn words into action. Cyclists also have a part to play, they must lead by example and abide by the rules as well as drivers.

And that's what needs to happen now, we must reassure cyclists and people who haven't got on a bike yet that we're on their side and working harder than ever to make it safe.

It is unacceptable and wholly wrong that three cyclists have died on the capital's roads in the past three weeks and this must change.

We're only at the start of what could be a cycling revolution in this country. There are only two things stopping us, the first is the legitimate fear cyclists have of our roads and the second is the work we must do on our roads

to match the size of our ambition and reassure cyclists it's safe.



MP for Poplar and Limehouse

## Wharfinger The long view



1956 Private Dick Rudge, 19, of the Royal Artillery got a pleasant surprise when his family and fiancée travelled from Shoreditch to Southampton on a coal lorry to give him a proper send off at the height of the Suez crisis. On Dick's right is his fiancée Shirley Thompson. The troopship Empire Ken sailed for the Mediterranean that day.

1970 Kissing couples from Woolwich Polytechnic London staged a kiss-in during rag week for Help the Aged. Woolwich Polytechnic first opened its doors to students in 1891. It was only in September 1903 that the name Young Men's Christian Institute was dropped from the prospectus.



## High Five Fitness gadgets

There's a growing market for brilliant gadgets that make your workout more fun, easy and effective



**Withings Pulse, £85.99** Clip-on data collector that ties up with phone app



**Breville Blend Active, £29.99** Create your own workout smoothies in a bottle



**Slendertone Face, £250** Slip it on and stimulate your facial muscles



**Bose SIE2i £129.99** These high quality phones let you take calls on the move



**Punchbag Laundry, £19.99** Load up your dirty washing and then beat it to death

## Snapshot

Trends, stats & surveys

The Which? current account customer satisfaction survey:

1. First Direct	85%
2. Smile	78%
3. The One Account	75%
4. Co-operative Bank	73%
5. Norwich & Peterb'h	71%
6. Nationwide	67%
7. Clydesdale Bank	64%
8. Yorkshire Bank	64%
9. Cahoot	62%
10. Halifax	61%
11. NatWest	61%
12. HSBC	59%
14. Lloyds TSB	56%
16. Barclays	54%
18. Santander	51%

## CRICKET



With his Ashes successes, bowler James Anderson is heading towards the title of England's best ever

Ian Botham

Tests 102, Wickets 383

Bob Willis

Tests 90, Wickets 325

James Anderson

Tests 84, Wickets 320

Fred Trueman

Tests 67, Wickets 307

Derek Underwood

Tests 86, Wickets 297



## MONEY

# 35%



Of homeowners expect to be aged well into their 60s before they are mortgage free. The previous generation paid off their debts by the age of 51.

Sources: Which?, Post Office Mortgages

## PORK PIBIL

## INGREDIENTS

(Serves 10-12 but freezes well)

3kg neck of pork, cut into large pieces  
1 habanero or Scotch bonnet chilli,  
de-seeded and finely chopped  
50g butter

## For the marinade:

1 tsp allspice berries (if unavailable use  
equal parts ground cinnamon, cloves,  
nutmeg, and black pepper)

2 tsp freshly ground cumin seeds

½ tsp cloves

1 tsp peppercorns

100g achiote paste (see note below)

3 tbsp cider vinegar

1 medium onion, coarsely chopped

3 fat garlic cloves, coarsely chopped

Large bunch of fresh oregano or 1 tsp  
dried oregano

3 fresh bay leaves

2 tbsp sea salt

2 tbsp olive oil

Juice of 6 oranges (about 450ml)

## METHOD

1. First make the marinade. Warm the spices in a dry frying pan for a few minutes, then grind to a fine powder. Place in a blender with the achiote (if using) and vinegar, onion, garlic, herbs, salt and olive oil, and pulse to start breaking up the achiote. Slowly pour in the orange juice with the motor running to form a smooth paste.

2. Pour about two-thirds of the marinade over the pork, ensuring that it's thoroughly coated.

Refrigerate overnight. Freeze your remaining marinade or keep it fresh for a week in the fridge (and try it with something else, like barbecued chicken).

3. Preheat the oven to 130C/250F/gas mark one. Transfer the pork and its marinade to a large casserole dish and add the chopped chilli and butter. Bring to simmering point then cover with foil and a tight-fitting lid, and cook as slowly as possible for three to four hours, until the pork is soft and falling apart. Serve chunks of pork in deep bowls with rice or steamed potatoes.

■ **Thomasina's tip:** You can buy achiote online or from specialist shops. If you prefer your food not too hot, simply leave the chilli out. We use neck end of pork, which is marbled with delicious fat that melts into the sauce. For the tastiest, most tender pork, marinate it the day before cooking.

## It's never too hot to join in Mexican wave

**RECIPES** Wahaca's Thomasina Miers tells Keeley Bolger why summers should sizzle

**W**hile warming your palette with fiery chillies may be the last thing on your mind on a sizzling day, mastermind behind Wahaca thinks Mexican food is just the tonic.

"Mexican food is ideal to eat during the summer," says former Masterchef winner Miers, who spent her gap year travelling around the country. "Unlike the UK, it's hot all year round in Mexico and the food has been adapted to suit the hotter weather."

And she thinks we are missing a trick going for traditional barbecue foods like sausages and burgers when the sun lures us out into the park or garden.

"The great thing about Mexican food is that it's brilliant for sharing," she says. "Some dishes, like the Pork Pibil, are so easy to make and can be slow-cooked in advance. When it's ready, the meat is so soft, it just falls away."

"Things like the Summer Slaw don't take as long to make but are equally tasty. Everyone can pitch in and help with making the food and, once it's on the table, the meals look really vibrant and appetising."

As well as being tasty, Miers also rates Mexican food for its nutritional benefits.

"Mexican food is so healthy," she says. "Chillies are great for your digestive system, packed full of vitamin C and, on top of that, are delicious."

It's lucky that Miers, who is working on a book about chilli peppers and recently launched a campaign against food waste, isn't the only Mexican food lover in her family.

"My youngest daughter is four months old, and my eldest is two."

“Everyone can pitch in and help with making the food”



Thomasina Miers: Mexican food is great for picnics and barbecues

They're just enchanting. Already my eldest is mad about chillies," she says.

"I did a talk recently and I was discussing the different flavours of chillies. We had a range of Wahaca hot sauces for people to taste and my daughter was at the front, completely hoovering them all up – it's ridiculous."

If you fancy trying some of Miers' favourite summer dishes, here are two recipes from her book *Wahaca: Mexican Food At Home*.

## SUMMER SLAW

## INGREDIENTS

(Serves 4)

1 tbsp pumpkin seeds  
¼ firm white cabbage, finely sliced  
Small head of baby gem lettuce,  
finely sliced

6 large radishes, finely sliced

1 small red onion, finely sliced

1 large carrot, sliced into matchsticks

½ red chilli, finely sliced

2 tbsp chopped fresh mint

1 tbsp chopped fresh coriander

## For the dressing:

1 tsp cumin seeds

1 egg yolk

½ tsp Dijon mustard

1 small garlic clove, crushed

Large pinch of sea salt

2 tsp red wine vinegar

Juice of ½ a lime

170ml extra virgin olive oil

1 tbsp sour cream

## METHOD

1. Start by making the dressing.

Lightly dry-roast the cumin seeds in a small frying pan for a minute or so to release their flavour, then grind to a powder. In a small bowl, mix the egg yolk, mustard, garlic, cumin, salt, vinegar and lime juice, then gradually whisk in the olive oil. Stir in the sour cream then taste and add more seasoning if needed.

2. Toast the pumpkin seeds in a dry frying pan for a minute or so, until lightly coloured. In a large bowl, mix all the slaw ingredients together, but save some of the pumpkin seeds for garnish. About 10 minutes before you sit down to eat, toss the slaw with the dressing and sprinkle with the reserved pumpkin seeds.

■ **Thomasina's tip:** Try the summer slaw with slow-cooked meats like the Pork Pibil.



Pork Pibil, left, and Mexican Summer Slaw

## COMPETITION

## WIN an M&amp;S hamper

This summer, M&S is inspiring people to escape their desks and reclaim their lunch hour by launching a series of pop-up parks.

The M&S Pop-up Park comes to Montgomery Square from July 31 to August 2 and will be open daily from 10am.

Diners can enjoy a range of mouth-watering treats purchased from the pop-up shop and then relax in glorious surroundings.

The M&S Pop-up Park will also offer visitors the chance to challenge their friends to Giant Jenga or Forever Fish buzzwire, while enjoying live music from local musicians.

To celebrate the arrival of the M&S Pop-up Park in Canary Wharf, we are offering three lucky readers the chance to get their hands on a luxury M&S picnic hamper, full of M&S lunchtime favourites including the Delicious & Nutritious and



**HOW TO ENTER** For your chance to win, just answer the following question: *When does the M&S Pop-up Park arrive in Canary Wharf?*

To enter go to wharf.co.uk and click the competitions link on the right hand side of our site. You'll need this code **M5001** for your entry to be valid. Deadline: August 2.

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NEWS IN  
**BRIEF**

Around east London

**Warrant issued for bail jumper**

**CANARY WHARF** A warrant has been issued for the arrest of a 45-year-old after he failed to answer police bail.

The man was initially arrested at a shop in Canary Wharf's North Colonnade in May, on suspicion of theft, and bailed to return to an east London police station in late June.

**Fire crews tackle blaze in block**

**STRATFORD** A team of 35 firefighters tackled a blaze which enveloped a flat.

A section of the fifth floor property, in High Street, was damaged by flames last Wednesday afternoon.

Six fire engines were at the scene and crews controlled the incident within 45 minutes.

**Record numbers enjoy live opera**

**CANARY WHARF** Record numbers, reaching up to 27,000, turned out to see the BP Big Screen relay of *Tosca* from the Royal Opera House on Thursday. Venues included Canary Wharf and General Gordon Square, Woolwich.

# One year on and the celebrations all begin again

**WHAT'S ON**

Parkland opens for weekend of music, culture and food

Giles.Broadbent  
@wharf.co.uk

**O**n the first anniversary of the London 2012 Games, the north of Queen Elizabeth Olympic Park opens with a weekend of entertainment, art and food.

A host of international acts have been lined up to serenade the first visitors to the pastoral space as the Olympic Park begins a rolling programme of openings.

Among those performing are The Waterboys, Seun Kuti & Egypt 80 with special guests Robert Glasper & Dead Prez and a supergroup of Malian artists including acclaimed duo Amadou & Mariam.

Meanwhile, an array of pop-up performances and participation takes place across the Park. Inside the



festival theatre tent visitors can enjoy a dance or an East End sing-a-long.

Sample the flavours of the world at the Real Food Festival, join in the Buccaneers Banquet on the Bridge over the River Lea or take time out for a quiet picnic on its banks.

Young visitors will be entertained by the Travelling Art Circus presented by The House Of Fairy Tales, trans-



Among the performers at the Open East festival are The Waterboys, left, and The House of Fairy Tales, above. Right, an artist's impression of the festival



ported by the interactive storytelling from Discover Children's Story Centre and Charlie Dark's hip-hop, poetry puppet adventure.

Joey, from the National Theatre's *War Horse* will parade and the life-sized inflatable replica of Stonehenge will be around for a bounce all while the Sainsbury's Anniversary Games will be played live on the big screen.

The Games will span three days of athletics, with IAAF Diamond League action on Friday evening and Saturday, featuring many Olympic champions, and a third day of action on the Sunday dedicated to showcasing the Paralympic champions of 2012.

From 1.30pm, Sat-Sun, adults £9.50, children, £6, under 5s free, go to [noordinarypark.co.uk](http://noordinarypark.co.uk).

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# What's on

## Diary Dates

### Comedy

**Josh warms up ahead of festival**



★ *Star of The Last Leg and Stand Up For The Week*, Josh Widdicombe brings his show *Incidentally* to the Canada Water Culture Space this weekend before heading to the Edinburgh Festival.

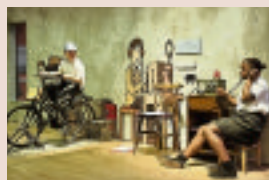
It's been a huge rise for the TV star since he began comedy in 2008, winning a host of awards, before performing a sell-out tour last year.

The giggling funnyman also hosts his own XFM radio show on Saturdays and is filming his debut DVD, *Greatest Hits So Far*, at Hammersmith Apollo on September 26.

July 27, 7.30pm, £10 (£8), [canadawaterculturespace.org.uk](http://canadawaterculturespace.org.uk).

### Exhibition

**Horrible world of wartime spies**



★ A new family exhibition based on *Horrible Histories* marks the re-opening of the Imperial War Museum on Monday.

**Horrible Histories: Spies** features items from the museum's Second World War collections, hands-on activities for all ages, digital and interactive elements.

Families will encounter themes such as Ruthless Resistance, Cracking Codes, Great Gadgets, Savage Sabotage and Clever Camouflage.

From July 29, adults £6.20, [iwm.org.uk](http://iwm.org.uk).

# Under the cool facade Helen feels the heat

## INTERVIEW

Queen of Wapping Helen Mirren tells **Susan Griffin** about faking courage and working for success

**D**ame Helen Mirren is one of those women who appear unflappable, but she'd like to put the record straight and announce it's all bravado.

"The good thing is to pretend you're not frightened, just act," she says.

That's easy enough for an Oscar winner to say, but the actress – who is 68 on Friday – is having none of it.

"You get on with it," she adds, shrugging. "You go, 'OK, I'm frightened but it's not the end of the world and it's my business and my fear and I'll just deal with it'. It's just being practical."

Mirren was given an early lesson when, at the age of 10, she was summoned to see the headmistress.

"She was a Bernardine nun, dressed in black and white, and I was so frightened of her," says Mirren. "But she also gave me great advice. She said, 'The only thing to fear is fear itself.'"

Mirren is in your local multiplex twice this summer. She stepped out this week with her co-stars, including Bruce Willis, for the premiere of *Red 2*, out on August 2, and she voices a character in *Monsters University*.

While being tucked away in a voiceover studio all day could be isolating, there are benefits – namely you don't have to worry what you look like.

"Oh, it's fabulous! It's great not to have to get up at 5am and sit in hair and make-up forever. It just drives me mad but you have to be very patient."

And the actress would like to clarify that the high heels she insisted on wearing in the studio had nothing to do with vanity; rather they were an invaluable tool.

"What you have on your feet as an actress is incredibly important and I like to have my body present because to put the energy and expressiveness in the voice [alone] is difficult."

But behind the seemingly effortless



Dame Helen Mirren at the premiere of *Red 2* with husband Taylor Hackford, who



Mirren with co-star Bruce Willis

glamour, Mirren has worked hard for her success.

"Too many people think all you have to do is just have a dream and it will happen," she says.

"Success is 10 per cent inspiration and 90 per cent sweat and hard work. Even then, there are no guarantees."

Looking back, she admits at times it's felt like a "hard slog".

Born Ilyena Lydia Vasilievna Mironoff to a Russian immigrant father and an East End mother, Mirren dreamed of stardom.

"I remember being sure a producer would drive past with a cigar and lean out of the window and say: 'You're the one I've been looking for!' Of course it never happens like that."

Instead, aged 17, Mirren joined the

# Doctors, vampires and me

## Q&A

**Russell Tovey, 31**, took a BTEC in performing arts at Barking College and is now one of the most in-demand actors of his generation with hits including *Being Human*, *Him and Her*, and *The Job Lot*

**1** You've been linked to *Doctor Who* in the past. The role is up for grabs again. Would you fancy playing him?

Yeah, it would be an incredible job to do, but don't bet on me as the Doctor this time round. It was incredible to be part of it as Alonso, part of that family, and especially in David Tennant's reign.

**2** If you had to choose between only working in film, on TV or on stage, which would you pick and why?

The whole point of acting is you have all those muscles stretched, especially with the theatre. I wouldn't want to give up theatre at all. I couldn't choose; I don't think anybody could choose. If it was 100 years ago though, I'd say theatre.

**3** Is there a dream role you'd love to play?

I just want to play good characters, tell good stories. If I can do work like the films and the TV I used to be inspired by when I was a kid, and that does the same for somebody else... that's what I want to do.

**4** We love your sitcom *Him and Her*. Will we see Becky's sister, Laura, get her comeuppance in the next series?

Well it's her wedding, so it can only go one way can't it?

We all had dinner recently just to

get together before we start filming again, and we genuinely all adore each other.

**5** Can you still walk around without being recognised or have you had to get used to being approached by fans?

It's odd. Some days I don't get anything; other days I get a lot, but I've never had anything negative. People are always lovely, they're quite happy to meet me, have photographs and stuff.

It's nice. It's comfortable recognition.

I've got a dog now and weirdly I thought it would bring more attention to me, but people just completely ignore me and they have full on conversations and photos with my dog, and then they walk off, which he loves. He thrives on it.



Russell Tovey: In demand



GETTY

persuaded her to move to Wapping

National Youth Theatre and later the Royal Shakespeare Company.

She can't help chuckling as she recalls some of her more courageous career choices over the years.

"Travelling through Africa with Peter Brook; *Caligula*; *The Cook, The Thief, His Wife & Her Lover* – oh my God!" she says, laughing as she recalls the experimental theatre troupe and movies that involved eye-popping amounts of nudity and violence.

"You make choices in your career and with some of them everyone's looking at you and going, 'What are you doing that for?'" says Mirren.

"But you have to make those bold choices, if you have the opportunity to make choices at all, as that's a great privilege."

Early on in her career, she was working with some of the biggest names in the industry, and remembers feelings of anxiety.

"There were certain actors who were intimidating," she says. "They probably didn't mean to be but when I came into the acting profession, it was quite hierarchical."

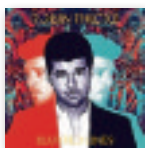
Mirren acknowledges that people put her on the very same pedestal now. It's something she was acutely aware of when she received her damehood in 2003.

"I was worried about accepting the honour for that reason," she says. "I don't want to be set apart in any way. There are the privileged few who just seem to waft through life without having to ever meet any adversity, which is really annoying," she says.

"The rest of us, we have to struggle and fight. We get knocked back and we have to come forward again."

"Sometimes you have to do stuff you're not familiar with or think you'll fail horribly at. You just have to jump in at the deep end."

## MUSIC



## Blurred Lines

Robin Thicke

★★★★☆

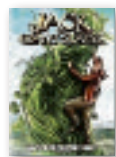
Robin Thicke's sixth album *Blurred Lines* has already courted controversy due to the "misogynistic" lyrics of the title track, but let's not judge an album by one single.

The record is more disco-pop than his previous more soulful works, a conscious decision on his part. "I've been wanting to have more fun," he revealed.

And it certainly shows. He knows what he's doing and that's no bad thing.

Shereen Low

## DVD



## Jack the Giant Slayer

(12) 109mins

★★★★☆

This is a fast-paced fantasy that gives a smart CGI-heavy makeover to the folktale.

There are few pauses between the breathlessly orchestrated set pieces in Bryan Singer's film, including a first encounter with the giants viewed through Jack's eyes. Nicholas Hoult is an endearing hero, plagued by a fear of heights, who comes to the fore in the heroine's hour of need.

Their romance is sweet, tempered by Stanley Tucci's delightful scenery chewing.

Damon Smith

## BOOK



## Darwin's Ghosts

Rebecca Stott (Bloomsbury)

★★★★☆

Charles Darwin was roundly criticised for failing to acknowledge that he was standing on the shoulder of giants with his theory of evolution.

In later editions he did pay tribute to those who had gone before, from Aristotle onwards. In this scholarly take on well-trodden ground, Stott revisits the cited thinkers and traces the evolution of the idea in well rounded biographical essays.

Giles Broadbent

## Bittersweet voyage of lost dancer left in a spin

## SCREEN

Frances Ha

(15) 86mins

"THIS apartment is very aware of itself," says Sophie about the latest interim domicile that her pal – wanderlust gauche pixie Frances – calls home.

The apartment is very much like this film then, shot in black and white and so in love with Gaulois smoke-spiral cinema that it even takes its leading lady on a pointless trip to the French capital just to get some boulevard shots in the can.

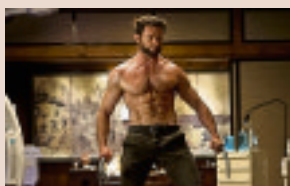
That the leading lady is talented mumblecore clown Greta Gerwig disarms the cynics though.

In fact, I don't even know why I'm being churlish because this is a charming, funny visit to the ramshackle life of failed dancer, confused lover and frustrating

## SCREEN

The Wolverine

(12A) 126mins



After the disappointing *X-Men Origins: Wolverine*, director James Mangold has stripped back the action in favour of soul-searching and romance.

Hugh Jackman still gets to do his stuff, but with greater reluctance in this story mostly set in Japan and involving the rescue of an old friend and her granddaughter.

Downbeat but interesting.

★★★★☆

Mickey Sumner and Greta Gerwig in the black and white *Frances Ha*

friend Frances as she tries to find herself and her purpose among the boho chic of Manhattan.

Penned by kooky indie darling Gerwig herself and shot by hard-bitten partner Noah Baumbach, it's all very ying and yang.

The smart alec one-liners are punctuated by pratfalls, the pretensions never escape the tickle of a pinprick and the sweetness of the protagonist is undercut by the bitterness of the director who took nasty family breakdown to the arthouse crowd in *The Squid And the Whale*.

## SCREEN

Blackfish

(15) 83mins



Seen at The O2's Sundance festival, this documentary gets a wider release.

Gabriela Cowperthwaite tells a harrowing tale of man's relationship with nature, chronicling the true story of a performing killer whale called Tilikum, who killed several people while in captivity, including a trainer at SeaWorld in Orlando, Florida.

★★★★☆

Many will find the quirkiness tooth-tingling, like too much sugar in the espresso. And not without reason because there's a fine line between gawky winsomeness and clattering irritation.

But, generally, as Frances skips and twirls from address to address, accruing calamities like packing cases, taking the blows and still dreaming in fairytales, everything becomes, weirdly, more authentic.

Amid Baumbach's collages, fast-cut vignettes and indulgent portraits of his belle, characters emerge from behind their lines.

They never quite escape their narrative niches but they have good hearts and earnest wishes.

Central to the piece is the platonic love affair between Sophie (Mickey Sumner) and Frances ("same person, different hair, we always say"). Frances dumps her boyfriend to stay with Sophie but the latter is lured away by thoughts of boys and betterment.

Without Sophie, Frances is lost and, although Sophie is far more together than her scattergun sometime bedmate, she is lost too, both trying to find each other in makeshift manques.

Like best friends who say sorry after, this film is sickeningly endearing and easy to forgive.

Giles Broadbent

## Our verdict

Gerwig charms all over the place to bring this film home

★★★★☆



WIN  
dinner  
and a  
movie

Page 75

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# Health

Caroline is aiming to lose more than 3st

## The ups and downs of trying to shed the lbs

Our new columnist 34-year-old **Caroline Waterston** explains why she's on a mission to lose some weight

**I**t's official. I am finally on the road to becoming a skinnymalink. I had been on the road until a romantic holiday in Greece sent me spiralling off the dusty track.

The result – four and a half pounds heavier. Uh-oh.

It took me three times that – that's 21 days, 504 hours or 30,240 minutes – of hard slog to get it off in the first place.

But Laura, my Weight Watchers Leader in Canary Wharf, assures me it's OK. "What goes on easily, comes off easily," she says.

Deep down, I know she's right but it's easier said than done.

I've already lost **20½ lbs** and despite the **4½ lbs** holiday hiccup, a busy work life and being in the honeymoon stage of romance (we've been dating almost a year), I'm still **16½ lbs** lighter than when I started.

WeightWatchers seems to be working for me.

And if I do occasionally fall by the wayside, it's not the end of the world. I just pick myself up and start again.

So, over the next few weeks, or



Leading a full-on Wharf lifestyle and counting calories can be tricky: Caroline's here to help

### FACTFILE

**Caroline's stats**  
 ■ Start Weight: 14st, 4½ lbs.  
 ■ Height: 5ft 6½ ins.  
 ■ Weight now: 13st 2½ lbs.  
 ■ Goal weight: 10st 7lbs (or as near as).

possibly months, I'll be here filling you in on how I'm getting on.

Every fortnight I'll be giving you tips on what restaurants, bars and coffee shops around Canary Wharf work best if you're following Weight Watchers – or if you're just trying to be a little healthier while still enjoying life.

If my tips aren't enough and you want to learn more about how Weight Watchers can work for you, then pop in to see Laura.

She's based at the Reebok Sports Club in Canada Square every Wednesday and Thursday.

I did and, even after an embarrassing 20 seconds on the scales this week, I'm glad to say I'm back on my mission.

Next time: Will I have lost the Greek holiday flab?

### W What will your column feature?

"I'll be giving you tips on what restaurants, bars and coffee shops around the Wharf work best if you're following Weight Watchers or just trying to be a little healthier."

Caroline Waterston



### TOP tips



■ **Eat the sun:** Now the weather's a bit warmer, adjust your eating habits accordingly. Eat high water foods like fruit and veg and watch sneaky summer extras like ice cream, iced coffees with added extras and mayo-heavy salads.



## FITNESS WITH LAURA WILLIAMS

### Get the look: Hugh Jackman

**S**tar of *The Wolverine*, Jackman likes to hit the gym first thing to make sure he's razor sharp.

**How he does it:** "We have a philosophy of training first thing in the morning," said Mick Ryan, Jackman's personal trainer.

"Research suggests people who train in the afternoons consistently do workouts of far less intensity than those who train in the morning. When Hugh has a 6am filming start, that means we'll be in the gym by 4am."

**Do it for yourself:** Yikes, 4am. That sounds like more of a late night than an early start. However, there are many good reasons to workout first thing. Here's a few:

■ You're more likely to complete a morning workout than a lunchtime

session, as there are likely to be fewer distractions.

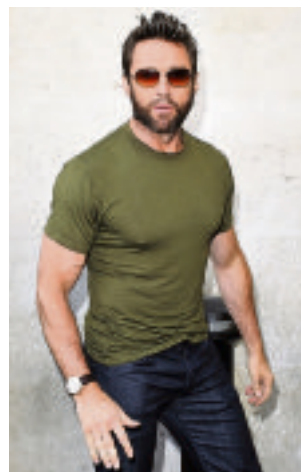
■ An early morning exercise session will jump start your metabolism for the day.

■ Hitting the gym (or tarmac) will leave you feeling way more energised than hitting the snooze button.

■ You'll be able to give your workout your all, as opposed to when you're weary after a day at work.

■ Believe it or not, an early morning sweat session makes you a better worker. The hormones produced are thought to increase productivity and improve decision making.

■ At this time of year, early morning workouts are a must if you're to avoid overheating and dehydration.



GETTY

## Q&A

**I lost nearly a stone and have carried on doing exactly the same things and can't seem to lose any more. Can you help?**

You should try changing your routine. It's thought that when you do the same thing over and over, your body gets used to it and among other things, your metabolism adjusts.

Try shaking up your routine and in particular, try including higher intensity workouts like interval training into your weekly regime. Or try a tougher class like a circuits session to crank that metabolism up.

At the same time, assess your diet – check nothing naughty has crept in.

## How does Weight Watchers work?

The ProPoints plan is a weight loss programme that uses cutting edge science to provide a flexible, innovative, accurate and effective solution for participants, say Weight Watchers.

All food and drink is given a ProPoints value which takes into account the amount of protein, carbohydrate, fat and fibre in a given portion.

Each person attending a Weight Watchers meeting or following the plan online will be given a personal daily ProPoints allowance, which takes into account their gender, age, weight and height.

The minimum daily ProPoints allowance is 26. Members also have a weekly allowance of 49 ProPoints values to make the plan more flexible so they can eat whichever foods they want and not feel deprived.

Members can use their allowance for extra snacks, treats like ice-lollies or bigger portion

sizes if desired. Also, on the ProPoints plan all fruits have a ProPoints value of zero.

Here are some examples of treats that might be enjoyed by a member with a weekly allowance of 49 points:

■ Solero Berry Explosion – three ProPoints.

■ Fab lolly – two ProPoints.

■ Mars Bounty ice cream – five ProPoints.

■ Starbucks tall mango and passion fruit frappuccino – four ProPoints.

■ Ben & Jerry's Phish Food frozen yogurt (one scoop) – four ProPoints.

■ A pint of cider – eight ProPoints.

■ Half pint of bitter or ale – three ProPoints.

■ One medium glass of wine (175ml) – five ProPoints.

■ Pimms (25ml) and diet lemonade – one ProPoint.

■ Lemon sorbet (one Scoop) – one ProPoint.

Go to [weightwatchers.co.uk](http://weightwatchers.co.uk) for more information about ProPoints.

### READER OFFER

■ The Wharf has teamed up with Weight Watchers – readers can get their first meeting **FREE** plus a free cookbook when they join for £10.70.

Take this newspaper page to your first meeting before **August 24** to take advantage of the offer – find your local group by calling 0845 712 3000 or online at [weightwatchers.co.uk](http://weightwatchers.co.uk).

#### Terms and Conditions

■ Registration fee of £10.70 applicable. Weekly meeting fee waived first week only.

■ Subsequent weekly meeting fee of £6.25 applies. Receive one free recipe book (*Weight Watchers The Smart Cook*) while stocks last.

■ No existing members unless returning paying Gold Member.

■ Non-transferable and no cash alternative offered.

■ Not available with any other offer.

Not valid with At Work, Weight Watchers Online or Monthly Pass.



### RUNNERS WORLD

#### Run for charity

★ There's still time to help Greenwich Park take on an orange hue this weekend.

Runners will be completing a 10km circuit on Saturday at 9.30am as part of the Orange Appeal – £2 from each entry fee will be donated to the National Osteoporosis Society. Go to [runnersworld.co.uk](http://runnersworld.co.uk) to secure a place.

### REEBOK

#### Relax your mind

★ Focus on your state of mind with an introduction to meditation at Reebok Sports Club.

The Canada Square gym is hosting the workshop on Saturday afternoon, offering members an insight into how to practise the technique.

Booking for the 4.30pm session is essential.

### WESTFIELD

#### Dance and shop

★ Mix up your retail therapy with some rhythmic moves as Westfield Stratford City hosts a series of zumba classes.

Until September, the shopping centre will offer customers the chance to try out the dance fitness craze for free.

Sessions will be held at a studio above Wahaca. Go to [uk.westfield.com](http://uk.westfield.com).

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or call Connor Self on 020 510 6353 for details



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# Fashion

**DR MARTENS**

iPad holder leather good in yellow, £15  
drmartens.com


**MISS SELFTRIDGE**

Engraved metal collar, £15  
missselfridge.com


**VANS**

Men's authentic shoes, £47  
shop.vans.co.uk


**URBAN OUTFITTERS**

Bikini, £32  
urbanoutfitters.com


**ORIGINAL PENGUIN**

Yellow sleeveless dress, £45  
originalpenguin.co.uk


**OLLIE & NIC**

Blue butterflies scarf, £28  
ollieandnic.com



wear

# WESTFIELD

Fresh, bright colours are to be found at Westfield Stratford City. **Kay Lockett** dives straight in

**ORIGINAL PENGUIN**

London skyline T-Shirt, £25  
originalpenguin.co.uk


**VERA MODA**

Ziggi playsuit, £23.30  
veromoda.com


**MISS SELFTRIDGE**

Red embellished collar dress, £49  
missselfridge.com


**URBAN OUTFITTERS**

Men's shore leave shorts, £40  
urbanoutfitters.com

**DR MARTENS**

Briar shoe, £40  
drmartens.com



# Food

## TASTING NOTES

Food and drink round-up

### CORNEY & BARROW

#### Buy bubbles and go to Goodwood

★ Splashing out on a bottle of bubbly could secure you a place at Glorious Goodwood this summer.

Canary Wharf bar Corney & Barrow is offering its customers a free ticket to the prestigious horse racing event on August 2 if they buy Veuve Clicquot's rose, yellow label magnum or vintage brut 2004 champagne.

There are 200 up for grabs at the Cabot Square venue but bubbly must be purchased before July 31.

Recipients will spend the day in the Goodwood's Gordon Enclosure.

### IBERICA

#### Slake thirst with a beer sangria



★ Spanish restaurant Iberica in Cabot Square has launched a beer sangria.

Fresh fruit, including strawberries and pineapple, together with peach liqueur, apple and orange juices make this the ideal tipple for summer sipping, while the citrus notes and crisp acidity from the beer aim to create a refreshing balance.

The new addition to the Sangria family can be enjoyed by the glass at £6.50 or a whole jug full costs £19. In hot weather, head for the venue's terrace. Go to [ibericalondon.co.uk](http://ibericalondon.co.uk).

### BOISDALE

#### Boisdale brings beach to Wharf

★ Burgers and beachwear will set the trend at Boisdale's Beach Party.

The terrace at the Canary Wharf venue will be decked out in sand on August 1, providing the perfect summertime setting for an evening of wine, seafood and burgers, set against the music of a Cuban band.

Party-goers will also receive free sunglasses and straw hats, with a prize up for grabs for the best beach attire.

Tickets cost £25 each with the fun kicking off at 5pm. Call 020 7715 5818 to book or go to [boisdale.co.uk](http://boisdale.co.uk).

## Is Tom's latest too soft to succeed in Wharf's rough, tough market?

Disappointment is served for starter and main despite some nifty cocktails

### REVIEW

#### Tom's Kitchen

Westferry Circus

**W**e sat in the shadow of Credit Suisse on Thursday eveningsipping cucumber-infused gin cocktails while perusing the menu on the patio at Tom's Kitchen.

And peruse we did, for half an hour, struggling to find anything that jumped out at us.

Finally, we asked the waitress for her recommendation for starters because our indecision and the lack of any stand-out offerings would have meant sending her away for a fifth time.

We were brought the Burrata with orange, toasted walnuts and rocket – a sickly mix of mozzarella and cream, which became too much after a couple of mouthfuls.

The chicken liver and foie gras parfait was deliciously smooth and fragrant, though. It's a shame the wedges of brioche that came with it were painfully dry.

We looked to the specials board for some inspiration for mains, opting for pork belly, mashed root vegetables with a spiced honey and orange dressing. It turned out to be gloopy gravy on a slightly slimy slab of pork that lacked any crispy crackling to save it.

The unexciting fillet steak was a little too salty and the chunky chips dipped in a rich béarnaise sauce, proved the highlight. Staff outnumbered patrons and the lack of Thursday night buzz underscored this damp squib of a meal.

I really wanted to like this new edition to the Wharf but the whole place, like the wines we were served, lacked excitement.

The desserts and cocktails were a saving grace. An apple and Calvados tart, crumble topping with maple syrup ice cream and a hot chocolate



Above, the burrata with orange, toasted walnuts and rocket

Below, fillet steak was served with chunky chips in bearnaise sauce



Tom Aikens



pot with pistachio ice cream, were both delightfully sweet and comforting. And a perfectly shaken espresso martini had all the energy the rest of the experience lacked.

I had hoped the menu would be right up my dining partner's street – he is fond of classic British fare in contrast to my own preference for something with a bit more spice – but he would only go so far as "not bad, not great – it was OK" in his own assessment.

### What is the problem here?

"It's not fine enough for date night and not cheap enough (£13.50 for foie gras, £32 for a fillet steak) for a leisurely bite."

Kay Lockett

I'm not sure Tom Aikens' latest will get away with being just another bland offering for hungry Wharfers.

It's not fine enough for date night and not cheap enough (£13.50 for foie gras, £32 for fillet steak) for a leisurely bite.

Kay Lockett

Tom's Kitchen, Canary Wharf, 11 Westferry Circus, 020 3011 1555, [tomskitchen.co.uk](http://tomskitchen.co.uk).

### Our verdict

I wanted to like Tom's Kitchen but the whole place lacks excitement

★★★★☆

## The bland backdrop to poised cookery

### REVIEW

#### Launceston Place

Kensington

**S**trolling to Launceston Place from Gloucester Road Tube I'm suddenly and very decisively in village London.

Manicured lawns, immaculate flowerbeds, antique sash windows with imperfect glass and rows of mews houses for the servants (probably in excess of a £1million each).

Sweet peas and gentle topiary. This restaurant is a long way from the Wharf, albeit only 40 minutes door to door.

Set in a little suite of shops opposite an art gallery hawking an Emin neon slogan, Launceston Place is non-committal.

Delicate pictures of leafless trees hang on the walls; the decor is stylishly bland – a comforter to the upper middle class who, despite this being a Tuesday, are here in packs.

The intention is to allow starred-up chef Tim Allen's food to shine. And it does just that.

The tasting menu (£123 per



Allen's lamb "various ways"

head with matched wines) is a supple thing of beauty.

Balance and poise are his thing; a culinary dancer. His lettuce isn't wet, it's iced and the crystals shine across dishes such as summer salad with salt baked vegetables and cold smoked and grilled mackerel. The lamb "various ways" is so good, I can still taste its sweetbreads a week later. Matching's equally sublime.

The service is refined, appropriate to the pearled middle-aged clientele who look as frosty as Allen's lettuce, so it's odd no coffee is offered at the end of the meal.

Jon Massey

Launceston Place, 1A Launceston Place, W8 5RL, 020 7937 6912, [launcestonplace-restaurant.co.uk](http://launcestonplace-restaurant.co.uk).

Full review at [wharf.co.uk](http://wharf.co.uk)

### Our verdict

Slightly forced luxury

★★★★☆

# LondonEYE



STEFAN WERMUTH



**HOT AND COLD** Actress Vanessa Hudgens poses at the sunny UK premiere of crime thriller *The Frozen Ground* at Leicester Square on Thursday.

OLIVIA HARRIS



**GREAT EXPECTATIONS** CNN presenters read the news outside Buckingham Palace as the Duchess of Cambridge goes into labour.

PAUL HACKETT



**DRY AS DUST** A firefighter emerges after helping to extinguish a grass fire in Epping Forest, east London, on Friday. Wildfires could spread throughout Britain as the country sweats in the longest heatwave for seven years.

PAUL HACKETT



## WANT ICE WITH THAT?

Customers enjoy a drink in Ice Bar London on Friday. The interior of the bar is made of ice, and customers are served with drinks in glasses made of ice. The first prolonged heatwave in seven years has rails buckling, shops selling out of electric fans, and scientists estimating the surge in temperature could have caused hundreds of premature deaths across the country.

PHILIP BROWN



**BOWLED OVER** The Queen stands with England's Jonny Bairstow, left, Steven Finn second left, captain Alastair Cook, second right, and MCC President Mike Griffith before the second Ashes cricket Test match between England and Australia at Lord's cricket ground on Thursday.

# Travel

## When surfing goes wrong seek solace in a cream tea

### NEWQUAY

**Giles Broadbent** finds new route provides a quick escape to a land of smugglers, surfers and seals

I had heard talk of unnatural practices rampant in the sequestered south west, far from metropolitan reproach.

In pursuit of the unusual, I boarded the inaugural easyJet flight from London Southend (just down the A13 and so handy) for the brief hop to the weeny Newquay hub where we were greeted like messengers from Marathon.

Turns out the practices were prosaic and only unnatural because there is no way on God's green earth (in plentiful supply here) or, more pertinently, on His deep blue sea that a human being should aspire to ride the waves atop a weedy splinter.

I have surfed, suffice it to say. That I have not surfed well or upright is not where I shall dwell. Instead, I shall look down upon the Newquay beach



The harbour at Newquay, one of the many coves, some of which host surfing and others hotspots for bathing



Jessie J, at the Eden Project, where she played a gig earlier this month

### the Wharf TRAVEL CLUB

from the ragged cliffs and admire the geometric waves, the cove-ridden headland and the bracing swirl of air.

Surfing brings the dudes in camper vans. We arrived too in such vehicles, available to hire, from the airport and, one cream tea (of many) later, we were relaxing in the faded chic of the Headland Hotel, a chip of granite speared to a spit and capable of evoking not only *The Witches* (the film was set here) but also the Famous Five and other adventurers who would thwart smugglers at their work.

Surfing is for surfers. Dipping one's toe in the water is a cliché for a reason. So I was quick to retreat to the other delights of this quintessential seaside town where the eternal majesty of the countryside collides, occasionally unhappily, with the down-at-heel B&B-ness of a seasonal resort.

Curious to find so many Germans. Less curious when it was revealed, rather bizarrely, that this is Rosamund Pilcher country (she of *The Shell Seekers*). Adaptations of her work are big on German TV, hence the invasion.

Best go down to the sea again. A trip

### THREE TO DO

**1 Seal Cove Safari & Newquay Sea Safaris and Fishing**  
Annabelle and Chris Lowe run informative tours out of Newquay harbour along with cage diving and snorkelling • [atlanticdiver.co.uk](http://atlanticdiver.co.uk)

**2 Eden Project**  
Fascinating tour of the world's flora plus the new Rainforest Aerial Walkway and the longest zipwire in the UK • [edenproject.com](http://edenproject.com)

**3 Tate St Ives / Barbara Hepworth Museum & Sculpture Garden**  
Rotating exhibitions in the Tate plus a glimpse of sculptor's life and inspiration in higgledy-piggledy home in St Ives • [tate.org.uk](http://tate.org.uk)

from the picturesque harbour took us through the unforgiving waves (one was sea sick, the rest were smug) to see the birds clinging to the guano-flecked cliff face and, in one breathless encounter, to the seals who pop up like big-eyed hotel receptionists to

check out what we're about before returning to the day job.

The biggest tourist attraction in the south west is the Eden Project, famous for its geodesic domes and flora collections. I am less enamored of plant-life than surfing but the place is

### USEFUL CONTACTS

- Visit Newquay [visitnewquay.org](http://visitnewquay.org)
- The Cornwall Camper Company [thecornwallcampercompany.co.uk](http://thecornwallcampercompany.co.uk)
- Headland Hotel, Newquay [headlandhotel.co.uk](http://headlandhotel.co.uk)

a true diamond in a dirt quarry. Not so much the flowers but the ecology, the study of sustainability, the message of resource versus greed.

Who knew a cocoa bean was that small, or a banana palm so delicate, or the entire deal of feeding the world dependent on such fragile foundations? The longest zipwire in the UK was an eye-opener too.

And when all is done, the sunburn doused in moisturiser, the broly freed of rain, the surfing muscles placated by soothing unguents, there is the eating.

We took a leisurely elaborate lunch at the cliff-top Lewinnick Lodge, dining with the avaricious seagulls and with a view along the fractal coast. Later an impressively low-key but delicious fish lunch was rustled up at the relaxed Rum and Crab Shack at St Ives.

But one place, above all, offers a siren song for foodies. Rick Stein's Padstow restaurant was chic simplicity itself and, so satisfied was I with my full stomach, my sated gills and my south west excursion I was prepared to take the howling derision for my one word review-cum-namecheck – "Brill". Go to [easyjet.com](http://easyjet.com) for details of flights and schedules. Flying time approx 50 minutes. Expect to pay around £30-£50.

### the Wharf TRAVEL CLUB

Bargains, news and ideas

#### Londoners keep £58 in currency



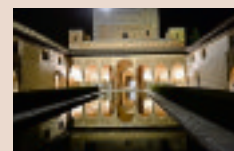
**NEWS** Londoners could have a total of £358million leftover foreign currency lying around. According to a YouGov poll commissioned by easyJet, the average Londoner hoards £58.41 after returning from abroad.

The details are released as the airline launched its Change For Good campaign of onboard collections.

The charity, working with Unicef, vaccinates children against deadly diseases and has raised £1.2million so far.

Unicef UK executive director David Bull said: "Rather than letting that loose foreign change go to waste behind the sofa or in a sock drawer, we are urging people heading home from their holidays to make their spare currency go further for children by donating it to Unicef aboard easyJet's aircraft."

### Star bargain



★ **3nts, Granada, flying from LCY, from £499 – Save £67:** Kirker Holidays offers three nights for the price of two at the Guadalupe Hotel, perfectly placed opposite the Alhambra Gardens in Granada. The price of £499pp (two sharing) includes flights (London City), transfers, B&B, concierge service and Alhambra tickets. Valid on stays until Aug 31, and Nov 1-Dec 28. [kirkerholidays.com](http://kirkerholidays.com)

### Booking minicab 'saves up to 46%'

**SURVEY** Minicab comparison service Kabbee says it has found that families jetting off on their summer holidays are likely to spend an average of 46 per cent less on airport transfers if they leave cars at home and book minicabs there and back instead.

Kabbee compared the costs of journeys to and from Heathrow from five London locations.

# Business<sup>extra</sup>

**Your Money**

## NEWS IN BRIEF

Business digest

### Software firm partners Level39

**TECH** Level39, Canary Wharf's accelerator space has unveiled Dassault Systèmes, one of Europe's leading software firms, as a strategic partner.

Dassault will initially sponsor The 3D FinTech Challenge 2013 accelerator programme, which will offer high-potential technology start-ups incubation space at Level39, mentoring from financial institutions and investors and multiple prizes.

Eric van der Kleij, head of Level39, said: "We are delighted that international companies of the calibre of Dassault Systèmes recognise that London and Level39 is the place to develop their growth strategies.

"The three dimensional perspective their acceleration programme will foster brings a fresh approach to financial services and big data."

### SMEs want to see legacy leadership



**LEGACY** Small businesses want to see more leadership if the Olympic Games are to provide a lasting legacy.

So says the Federation of Small Businesses in its submission to a House of Lords select committee.

An FSB spokesman said: "Encouragingly over half [55 per cent] of small businesses that won Games contracts experienced growth in the overall turnover of their business, and nearly a third [28 per cent] have seen a higher level of skills within their business as a result."

However, the FSB said there was still a lack of focus on exporting within small and micro businesses and it wants to see an audit and amalgamation of public procurement portals such as "CompeteFor".

### Johnson clears Shell Centre plan

**PROPERTY** Mayor of London Boris Johnson has backed proposals to redevelop the Shell Centre site on London's South Bank.

The Greater London Assembly has given the green light to the scheme, by developers Canary Wharf Group and Qatari Diar which will transform the '60s office site into a mixed-use development.

# Why I'll be trying to land better FX deals

## PEOPLE

Former rugby ace explains why he's switched codes into the world of finance

**Beth Allcock**  
@wharf.co.uk

**I**t would be a nearly impossible task to separate the spheres of sport and finance.

Whether it's lucrative cricket contracts in the Indian Premier League, billionaires pumping cash into the Premiership or lower league clubs on the brink of administration, money matters are key.

Former London Welsh rugby player Tom Voyce, who retired in May, has now delved into the world of the foreign exchange market.

And this is a career change with a difference – the 32-year-old will be heading up a dedicated Sports Desk at Baydonhill FX – and said the foreign exchange sector was "still immature".

As a sales and relationship executive, he is tasked with offering sporting businesses and individuals services to save them money on foreign currency exchange, bank charges and payment delivery times.

He said: "Having a rugby background, I am looking to connect into rugby, and those transactions are something we want to be a part of."

"If you have an English player playing rugby in France he will have a mortgage in England but he has a contract in France."

"It might be a case of him wanting to send money back to pay the mortgage, most likely on a monthly basis. We can do this for people in a more cost-effective way."

"There are also foreign rugby players



Tom Voyce of England crosses the line to score a try during the RBS Six Nations match against Wales at Twickenham in February, 2006

coming from New Zealand, Australia and South America becoming more of a regular thing and I see it accelerating over the next five-to-10 years.

"We'll be giving customers a rounded experience – it's not just a transaction. "Something I have learned in sport is people want to feel like they are the only client."

"That's not possible, but this is not just a case of saying 'come to us we can save you money', it's also saying thank you to clients and giving them an opportunity to mingle among each other with networking events."

And it's not just sports people and clubs that could receive a helping hand.

Tom said UK-based nutritional and dietary firms bringing their products in from abroad to test, or clothing firms

importing garments from across the globe could all benefit from Baydonhill FX's services and cut costs.

He said that during the past month, he found such companies usually carried out their transactions through the banks that had provided initial start-up cash.

"These guys are still starting out and getting bigger and we want to be at the start of the process," he said.

"My understanding of sport means I understand the requirements."

"We aren't too fussed about how big the transaction is, we just want to be there for the start of it and we want them to remember us from the start of our relationship."

Tom will be working from Baydonhill FX's Knightsbridge branch. Go to [baydonhillfx.com](http://baydonhillfx.com).

## Business Traveller

News, tips, gadgets etc

### Lack of internet the biggest stress

**SURVEY** For many frequent travellers, the biggest source of stress is not the airport wait but the lack of internet access.

According to the survey of 1,000 travellers by InterContinental Hotels Group, 62 per cent consider access the most important hotel amenity.

A television was a distant second with 20 per cent of respondents saying they wanted one in their room. Travellers also did not seem to care as much for a mini-fridge (five per cent), landline phone (four per cent), bathtub (three per cent) or mini-bar (one per cent). Some 25 per cent said logging onto the internet in their room when they first arrive helped them feel most at home.

## Star App



**ESPN Cricinfo**  
For cricket lovers away from the TV screen, this app will ensure you don't miss one bit of Ashes action. Not only does it deliver all manner of stats live from the game, there is also expert analysis on hand.

### Eurostar sees lift in corporate sales

**NEWS** Eurostar has reported a three per cent rise in business travel in the first half of 2013 compared to 2012 reflecting, says the company, a more positive outlook and greater economic stability. The Olympic Games adversely affected 2012 figures.

# What can be done about payday lenders?

## YOUR MONEY

■ A clean-up operation is taking place in the payday lending industry. So what does the future hold for the sector? **Vicky Shaw** reports.

**T**he Competition Commission has powers to ban or limit products and shake up whole markets. Its own investigation will take up to 18 months to complete, but it is worth the wait – the commission does have form for getting to the root of scandals (PPI, for example).

A further clampdown is also set to come from tough new regulator



the Wharf-based Financial Conduct Authority (FCA), which has powers to stamp out problems quickly. The FCA could place a possible cap on interest rates and limit or ban the number of rollovers lenders can offer, if it sees fit.

Following a recent summit into

the industry, the FCA hinted that an advertising ban could be on the cards.

Meanwhile, the OFT has promised to continue its crackdown. If it believes firms are posing an immediate danger to consumers it has powers to stop them in their tracks by removing their licences.

Martin Lewis, founder of website MoneySavingExpert.com, who said the moves had been "shamefully late", is calling for a cap to be placed on the total cost of loans.

For their part, payday lenders say they have been working hard to raise industry standards, including a new code to make sure loans are

affordable. The Consumer Finance Association (CFA), which represents short-term lenders, argues that no other sector has come under such intense scrutiny in such a short space of time.

The CFA agrees that rogue operators should "shape up or ship out".

Credit unions, which are financial co-operatives, have been invited to plug the demand for access to small sums of cash.

The Government is investing £38million in credit unions in the coming years to help them expand their services to provide a "good value alternative" to payday lenders.

# the Road

## ROAD TEST

# Practicality with fun in one motor

Peter Keenan  
The Wharf

**T**he latest generation of Mazda's large family saloon offers the joy of six. Fancy technology, first seen in its CX-5 crossover model, once more sees the Japanese company ploughing its own furrow – this time in pursuit of the environmentally-friendly car that's still fun to drive.

Impossible, I hear you cry, and yet with SkyActiv technology the Mazda6 looks to have squared this particular circle.

The 2.2-litre diesel engine under the bonnet of the SE-L Nav Saloon I drove offers remarkably low CO2 emissions for one so powerful and a tank of fuel that a natty dashboard display tells you will get the car 600-plus miles down the road.

The Mazda6 also delivers a decent drive. The suspension ensures the car feels under control at all times and especially in corners where good levels of grip inspire confidence. The

handling is precise thanks to well-weighted steering while the ride is firm – but not uncomfortably so.

The dashboard is well laid out with controls for the air conditioning below those for the CD/radio system which are close to eye level. The touch-screen display looks snazzy and is relatively simple to use.

The smart cabin benefits from an excellent fit and finish and offers plenty of head and leg room front and back. The saloon model is a practical family motor thanks to its large boot and rear seats that flip down to open up a long load space.

There are six trim levels priced from £19,595 to £28,045. All come well kitted out but step up to SE-L and climate control appears as well as front and rear parking sensors, while SE-L Nav brings sat nav into the equation.

### Our verdict

Squaring the circle of fun and environmental concern

★★★★☆



The latest Mazda6 delivers a decent drive in combination with eco-friendly technology



DEFY CONVENTION



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The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.9 (12.9) - 55.4 (5.1), Extra Urban 38.7 (7.3) - 78.5 (3.6), Combined 30.1 (9.4) - 67.3 (4.2). CO<sub>2</sub> emissions (g/km) 219 - 108

The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing, are provided for comparability purposes and may not reflect your actual driving experience.  
\*Offer available to individuals for orders received between 01.04.2013 and 30.06.2013. Figures based on Mazda Personal Contract Hire on a non-maintenance contract hire package over 36 months and 10,000 miles per year (max). Monthly payment example for Mazda CX-5 2.0i 165ps 2WD SE-L: an advance rental of £1,710.00 is payable, equal to 6 monthly payments, then 35 monthly payments of £285. Monthly payment example for all-new Mazda6 2.0i Saloon 145ps SE-L: an advance rental of £2,490.00, equal to 10 monthly payments, then 35 monthly payments of £249. Rentals and excess charges are based on the current VAT rate. An excess charge of up to 11.87p/mi (exc VAT) will be applied for mileage in excess of 10,000 miles p.a. Excess charges also apply if the car is not serviced and maintained in accordance with manufacturer guidelines and returned to Mazda Contract Hire in a condition commensurate with the BVRLA Fair Wear & Tear guidelines for its age and mileage. Package includes R.F.L. and Mazda Roadside Assistance. Offer subject to availability and status. UK supplied vehicles only. For full specification, details, terms and conditions contact your local retailer. Guarantee and/or indemnity may be required. Applicants must be 18 or over. Details correct at time of publication and may vary, e.g. if list price changes. Personal contract hire by ALD Automotive Ltd., trading as Mazda Contract Hire, Oakwood Park, Lodge Causeway, Fishponds, Bristol BS16 3JA. Models shown with optional paint (E660) and Mazda CX-5 2.0i 165ps 2WD SE-L. Model shown features optional Pearlrescent metallic (E530). Incentive available for the first 2006 VAT registered customers only. We can introduce a commission from them for the introduction.

the **Wharf** wharf.co.uk

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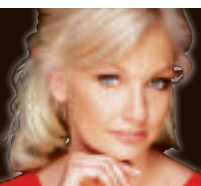
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Your energy levels increase. Don't be afraid to try your hand at the things which overwhelmed you. A fall-out with a work mate can be solved easily.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Your ability to judge people pays dividends. They don't call you the most psychic sign in the zodiac for nothing you know. Slow your pace.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

You can complain about your problems, but that will not solve them Aries. Doing something about them however, will and you need to start today.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Don't judge the new faces who enter your life on their past. It's unlikely with this week's line up that what you hear is fact anyway. Open your mind.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You're not as confident as you'd like to be when tackling what's ahead, but I can see you don't have to work on your own. Accept help. It will bring success.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Try not to take the advice you're being given as an insult. Others want to see you succeed. If they didn't, they wouldn't waste their time and effort Cancer.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

For some people, no matter how much you do, it's still never enough. I back you to be selfish to those who don't help you. Give them a taste of it.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

It's hard work arguing all the time, but it would be even harder if you allowed a close one to rule you as they have done before. Parting company beckons.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Don't think that your close ones are the same as they were and that they will accept anything you give. We're all asking for more, so don't insult them.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

News of a pregnancy or birth shows you life goes on and that new beginnings are possible. You were stuck in a dead end but now you can get out.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Emotions are making it hard for you to differentiate between fact and fiction. Use today to ask the questions you backed down from last week.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

The home could be subject to lots of visitors and you start to see your life taking on a new shape. You were doing what looked right but that needs to change.

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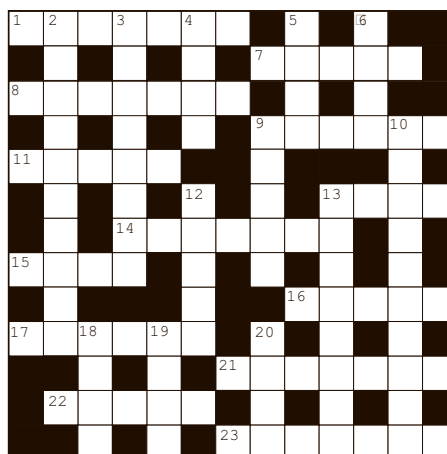
this actress from *The Wolverine* pictured at last week's Leicester Square premiere.

Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is August 2, 2013.

You must include your name and postal address.



## Crossword



### ACROSS

1. In pieces (7)
7. Assumed name (5)
8. Hot condiment (7)
9. Conflict (6)
11. Hairdresser's shop (5)
13. Wickedness (4)
14. Tympanic membrane (7)
15. Paradise (4)
16. Judder (5)
17. Exit (6)
21. Army officer (7)
22. Man's facial hair (5)
23. White meat (7)

### DOWN

2. Dachshund, informally (7,3)
3. Gaseous element (8)
4. Makes mistakes (4)
5. Level (4)
6. Cab (4)
9. Get a goal (5)
10. Switchblade (5,5)
12. Twelve dozen (5)
13. Definite and clear (8)
18. Spool (4)
19. Painful (4)
20. Clean with water (4)

ACROSS: 1. Asunder; 7. Alias; 8. Mustard; 9. Strife; 11. Salon; 13. Evil; 14. Eardrum; 15. Eden; 16. Shake; 17. Egress; 21. Captain; 22. Beard; 23. Chicken. DOWN: 2. Sausage dog; 3. Nitrogen; 4. Erms; 5. Flat; 6. Taxi; 9. Score; 10. Flick knife; 12. Gross; 13. Emphatic; 18. Reel; 19. Sore; 20. Wash.

## Sudoku

### EASY

	5	8	3				4	6
7	3	4	6		8	5	1	2
		9	4			8	7	
3	6	7	9	8	5	1		4
1	8	5	2					
	4	2			3		8	
8	7		5		4	2	3	9
4			8	3	9			
5		3	7	2	1	4		8

### HARD

8	2						9	1
		3						
		5			7			
		9				4		
				2	3		8	9
				9		4		7
	6	5					1	3
					5			4
			8	1		5		

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

# Sport

Wharf

## Battling street violence with boxer's aggression

### CHARITY

Cash grant boost will enable FFP to do 'so much more' in fight against gangs

**Beth.Allcock**  
@wharf.co.uk

**A**n organisation aiming to use sport to steer Newham's youth away from crime and gang culture has received an "invaluable" Big Lottery Fund grant to continue its work.

Youth movement Fight For Peace (FFP) scooped the £475,000 boost as part of the Lottery's Reaching Communities Programme and will pump it into free-of-charge boxing and martial arts training sessions, which will be held at its North Woolwich base.

Initially founded by ex-amateur boxer Luke Dowdney in Rio de Janeiro, the centre targets thousands of youngsters aged between 11 and 25 to help channel aggression while building self confidence and raising aspirations.

Its Pathway Education scheme is aimed at helping participants who may have dropped out of school acquire skills such as GCSE qualifications in English and Maths.

Marigold Ride, head of

FFP's Marigold Ride, right, says demand for her organisation from young people like Eusebio da Silva, left, is at an all time high



programmes UK at FFP, said: "The organisation has achieved so much since its inception and this grant will enable us to do even more, at a time when the demand from young people for FFP's services is at an all-time high."

The organisation has been forced to cap participation due to limited resources, with more than 1,300 youngsters using the service since January 2012, compared to 442 in 2010.

FFP member Eusebio (Kido) da Silva said: "Muay Thai kick boxing has given me a lot of discipline and self-motivation. I built up my self-esteem as well.

"I've been doing Muay Thai for five years now and feel really confident about myself and towards other areas in my life.

"I'm able to do presentations and communicate with people. If there were a situation that could escalate into a fight, I'm more in control of avoiding it.

"I joined the Youth Council too and I gained a lot of experience and met with a lot of people like the trustees.

"I also attended trustee meetings, which is really important and makes us feel like we're part of FFP, a part of what makes FFP work."

The 21-year-old also has his sights set on a Team GB longjump place at the Rio 2016 Olympics after support from FFP staff.



### LEGACY

## Deal secures athletics for east London

A NEW deal has secured an athletics legacy for the Queen Elizabeth Olympic Park.

Announced on Tuesday, the agreement means the Olympic Stadium, pictured, will host a wide spectrum of key athletics events annually, from regional and national age group championships through to elite events. It also provides for year-round training facilities for local athletes and clubs at a permanent track adjacent to the stadium.

Under the agreement between the E20 Stadium LLP – the partnership set up between London Legacy Development Corporation and the London



Borough of Newham to manage the facility – and UK Athletics, the stadium will become the new national centre for athletics. UKA will have use of the stadium from the last Friday in June to the end of July each year under a 50 year agreement, starting in 2016.

London Legacy Development Corporation chief executive Dennis Hone said: "The deal is great news for athletics fans and for the David Weirs, and Jessica Ennis-Hills of tomorrow."

## WEEKEND FLUTTER

### RACING

■ **Trading Leather** looks the each-way play in the King George VI and Queen Elizabeth Stakes at Ascot on Saturday.

Jim Bolger's charge is as tough as old boots and arrives here on the back of a convincing win in the Irish Derby. Trip and ground should be perfect for him and at 6-1 he looks a fair price.

Ed Quigley

### FORMULA ONE

■ The Formula One field roars into action at the Hungaroring, near Budapest, this weekend for the final time before their mid-season break and championship leader **Sebastian Vettel** is worth a bet to take pole position at 2-1.

High temperatures will be bad news for tyres meaning this race is wide open.

Phil Agius

### RACING POST

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)

## Olympians return as Park starts coming alive

### RUNNING

ALONG with their sporting heroes, 15,000 runners raced around the track at the Olympic Stadium on Sunday.

The National Lottery Anniversary Run at Queen Elizabeth Olympic Park saw runner Paula Radcliffe, cyclists Sir Chris Hoy and Victoria Pendleton join members of the public, including 1,000 Newham residents run the five mile course.

In the first event at the stadium since London 2012, first across the stadium finishing line was Alex Cornwell from Woodford Green, who completed the course in 25 minutes and 40 seconds. Paula Radcliffe finished in 32m 27s while Victoria Pendleton clocked 36m 43s.

When the park opens fully in spring 2014 it aims to be a world class hub for performance and community sport, offering a range of 25 indoor



Victoria Pendleton waves during the event

and outdoor activities. The Aquatics Centre will offer two 50m pools and a diving pool as well as seating for 2,500 spectators while the Lee Valley

VeloPark will be the only cycling venue to bring track, BMX, road and mountain biking together.

The Lee Valley Hockey and Tennis Centre will have two outdoor hockey pitches, six outdoor and four indoor tennis courts plus a £30million club house with changing rooms, bars and social areas. In 2015 it will host the European Hockey Championships, the first international competition secured for the park after the Games.

**CULTURE**

The east has it  
all going on **P14**

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the best deal **P16**

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Growth exceeds  
the forecast **P62**

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stay in  
Stratford

**P62**

# Live in the East End

Why would you want to move to Stratford or Bow?



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# New east culture

Thinking of moving to the area? It's anything but a cultural desert – here are three places to check out on a recce

## FOOD

### Prepare for the perfect dinner party

Beth Allcock  
@wharf.co.uk

Long summer weekends in the garden may be the perfect venue for a dinner party with friends, but whipping up food to impress is an altogether trickier matter.

John Lewis Westfield Stratford City has put together a series of cookery masterclasses to offer top tips to hosts – kicking off with a Sophisticated Drinks Party session to banish concerns about creating canapes and cocktails.

The 45-minute sessions, held within the store's Place to Eat restaurant, will also cover pasta making, classic British pub food and school holiday picnics.

They follow a survey by the company, which showed while 93 per cent of people would attend a dinner party, only 66 per cent would host one.

I was treated to a glimpse of the picture perfect canapes and cocktails head chef, Andrew Taylor, had put together earlier that morning.



John Lewis' Andrew Taylor

The impressive savoury platter was jam packed with salmon blini's, olive tapenade, gazpacho, tapas and a Mexican chicken wrap while the desserts didn't disappoint with beautiful raspberry and coconut biscuits, chocolate eclairs and melon skewers.

All topped off with prosecco and hibiscus and a mojito granita.

He said: "Everything is very simple to do – if you can make a sandwich or pipe a bit of icing on top of a cake you can do everything that's here."

"The idea of the classes is to show how easy it is to make quite an attractive set of canapes.

"Everything on the two platters cost £40 but you would be able to get double the amount."

Andrew will explain the tricks behind the canapes in the first of the free sessions at 10am on Saturday. Call 020 8532 3544 or email events.stratford@johnlewis.co.uk to book a place.

# Continuing tradition of innovative quality

## THEATRE

Venue is a hotbed of new writing and comedy, writes Kay Lockett

A Victorian cultural gem, Theatre Royal Stratford East continues to thrive as a venue that caters for its diverse audiences in east London.

The theatre opened in 1884; was saved from bulldozers in the '70s; given a Heritage Lottery Fund facelift in 2001; and is now a Grade II listed building.

During the '50s, theatre director Joan Littlewood championed working-class people at this historic venue, providing a stage for their stories and voices through work with her Theatre Workshop company. Since then, Theatre Royal has championed new talent.

Musicals are big here, whether hip hop or the Windrush generation. New playwrights who fit the Theatre Royal bill are encouraged through various workshops – Voices In Exile supports writers from refugee backgrounds while Young Voices develops the work of 16-24-year-olds.

Mondays are for comedy and there is a regular poetry night on Sundays and live music every evening from 6pm.

Artistic director, Kerry Michael said: "Audiences really are at the heart of everything we do here.

"We've got a fun-packed season of new work on our stage this autumn with tickets from just £5 and a buzzing bar, so why not come along for a great night out?"

For more information go to [stratfordeast.com](http://stratfordeast.com).



Theatre Royal Stratford East hosts many productions including *Love N Stuff*, right

## FORTHCOMING PRODUCTIONS

### Love N Stuff

Award-winning playwright Tanika Gupta brings her funny and touching story of love, attachment and what we mean by home to the Stratford stage. Bindi and Mansoor might just be the most popular couple on their street, but after 45 years of a loving marriage, Mansoor has vowed to swap the cold streets of Stratford for a sun-soaked Delhi but Bindi's not convinced and has concocted a last minute plan to lure him back.  
Sept 13-Oct 5

### Oh What A Lovely War

Joan Littlewood's production returns to Theatre Royal Stratford East in its 50th anniversary year.

This satirical musical about the First World War was first performed at Theatre Royal in 1963, receiving four Tony Award nominations including Best Musical.

The production promises to remain true to the spirit of the original whilst being recreated to resonate with modern audiences.  
Feb 1-Mar 15 2014

## Read on »

Where to live in Stratford and Bow

Pull-out / Page 16



## TRADITION



Funds are being sought to erect a statue to Joan Littlewood, above

## Stratford East appeals for Joan's legacy

THEATRE Royal Stratford East has launched an appeal to raise money for a sculpture to honour theatre director Joan Littlewood.

The theatre has commissioned artist Philip Jackson to create a bronze sculpture, which will be placed in Theatre Square.

To date, the theatre has raised more than 50 per cent of the funds required to complete the project and is asking members of the public to pledge their support to help raise the remaining £120,000 needed.

Artistic director, Kerry Michael said: "Joan Littlewood brought theatre to the people of east London and revolutionised the international theatre landscape with her bold and powerful productions.

"She was an inspiration to many and it's important that we recognise the significance of her work and build upon her success to inspire future generations."

Go to [joanlittlewood.com](http://joanlittlewood.com).

## If theatre's not your thing, get your thrills at 50mph

UNLEASH your inner Lewis Hamilton at Revolution Karting – London's fastest floodlit kart track.

Race around 750m of challenging circuits on electric karts, reaching speeds of up to 50 mph.

Within walking distance of Canary Wharf at Mile End Park, open racing sessions cost £25 per person for 16 laps (two, eight lap races).

The electric karts are less noisy with no nasty fumes and kinder to the environment and acceleration is far greater than a twin engine kart reaching top speed in four seconds.

Conference and catering facilities are also available and customers can book private group events. A great excuse to escape the office and get the adrenaline pumping.  
Go to [revolutionkarting.com](http://revolutionkarting.com).  
Kay Lockett



East London offers a wealth of attractions including those aimed at competitive individuals

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WE GET OLD.  
WE GET OLD WHEN  
WE STOP **PLAYING**”



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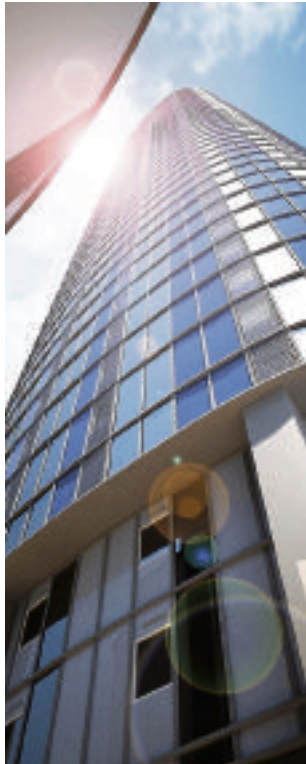
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# Where to live

If you're going to move to the new East End you'll need a place to live – here are some ideas to bounce around

## LIVE HERE

### Hot flats with five-year lets now on offer



An artist's impression of how one of Halo's towers will look

FOR those looking to rent with a short commute, Stratford Halo overlooking the Olympic Park offers a choice of modern apartments with excellent transport links.

Apartments are offered with a choice of tenancy length from one to five years, comprising a total of 704 new homes across five buildings, as well as retail, commercial and leisure space and workspace studios.

Neil Hadden, chief executive of housing association Genesis Homes, said: "Each apartment is designed with a spacious open plan living space and its own private balcony.

"Interiors are finished to a high quality specification, including sleek kitchens complete with Bosch and Indesit integrated appliances, and engineered wood flooring and carpets.

"Residents also benefit from high speed Hyperoptic broadband and lower energy costs thanks to the Olympic District Heating System.

"Stratford is one of London's best connected locations with a huge choice of public transport links and will be further enhanced by Crossrail."

Prices at Stratford Halo start from £1300pcm for a one bedroom apartment.

Go to [genesishomes.org.uk](http://genesishomes.org.uk)

Kay Lockett

## 2012 was a catalyst for the regeneration

### EXPERT VIEW

Local agent tells **Beth Allcock** why his east London patch is booming

**F**or property-hunters in the capital, Stratford is now being mentioned in the same breath as Docklands.

The influx of interest has produced a new and vibrant community, living side by side with the area's existing residents, according to Neil Harris of Strettons.

The sales and lettings manager at the firm's Stratford branch said its population boom followed a 12-month period before London 2012, which acted as "a catalyst".

Classing east London's Bow as a continually in-demand property hotspot because of the evolving nature of the Tower Hamlets, riverside developments and a "cool" culture tag, he said Stratford was moving away from the rest of Newham as a target for both renters and buyers.

"Stratford was almost forgotten unless you lived locally before," he said. "With all this fuss, people are thinking 'blimey, why didn't I think of that?'"

"It's now a genuine hub that people are being attracted to. It has all the amenities and, especially when you compare it with other neighboring areas, it is good value for money.

"Some of the nearby areas like East Ham are cheaper, but we are now talking about Stratford as being on the coat tails of the more affluent areas of Tower Hamlets.

"We are finding people moving here that ordinarily would have been in areas like Islington and Hoxton, because rent and property prices have increased and are bordering on unaffordable.



Neil Harris says while Bow is performing well Stratford's catching up

**W** What has happened to this vibrant area?

"Stratford is now a genuine hub that people are being attracted to."

"We have got a new group of people coming into the area – people who would have been in more affluent parts of London.

"We are finding its the family 2.2 kids scenario or young professionals

moving into the area because it offers so much."

The area's offering includes a very well connected train station, bus station, London Overground, Tube, good road links and the DLR – and that's just looking at transport.

Add in Westfield Stratford City and campuses for the University of East London and Neil said the area now boasted "a nice mix of demographics".

"It is still evolving," he said. "And it's something I believe will continue in an upward cycle."

Go to [strettons.co.uk](http://strettons.co.uk).

## Why Bow is the new name in cool

### PROPERTY TIP

**V**ictorian properties in Bow are proving a big draw for buyers, with many shelling out up to £700,000 for an east London home.

Greg d'Almeida, area manager at Alex Neil Estate Agents, said the local market had "gone crazy" during the past few years, with people clamouring to snap up the affluent period properties vacated by long-standing owners.

He said those buying to let were also benefitting, with ex council houses a "rental investor's dream" because of their high yields.

Talking of Bow's recent boom, which has seen an influx of first time buyers and young professionals with families, he said: "A lot of people have caught on to the fact it's close to Victoria Park, its got a lot of local amenities and it's close to Mile End Tube and the DLR.

"It's an overspill from Bethnal Green too – eight years ago that was a really cool place to live but that's become really expensive. Bow is the next place along – it's just going on and on and there will probably be a spillover in time to Stratford."

**“** Bubble could burst by end of the year **”**

He said Stratford village's pockets of terraced Victorian houses, as well as new builds created after the Olympics, were popular and holding their price.

And, with homes being snapped up just a couple of hours after being put on the market, he said it was a good time to sell in east London.

"Hopefully it will carry on for the rest of my career, but I think the bubble might burst by the end of the year," he said.

**Beth Allcock**

Property / From Page 19

## Read on »

Win a weekend stay in Stratford  
Pull-out / Page 62



Caspian Wharf by Old Ford Housing typifies the sort of new schemes that are shooting up all over Stratford and Bow



## LIVE HERE

### Live by the canal near funky Bow

THOSE seeking affordable housing with a waterside view could find their wishlists satisfied by Caspian Wharf.

The scheme by Old Ford Housing Association – a part of the Circle group – offers 153 homes, split into 102 rented units and 51 shared ownership flats.

Nestled on the Limehouse Cut Canal in Bow, all feature balconies or roof terraces with ground floor units benefitting from semi-private courtyard gardens.

There will also be a communal garden area with a play area for youngsters as well as benches and ornamental gardens with a view of the canal.

Properties start at £201,500 with one, two and three-beds available. Buyers will be able to purchase shares of between 25 and 50 per cent. Go to [circle.co.uk/old-ford](http://circle.co.uk/old-ford).



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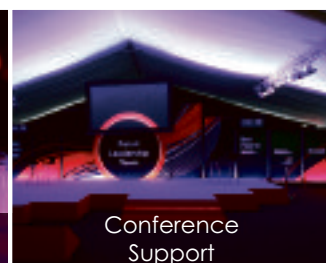
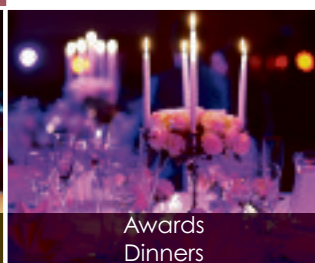
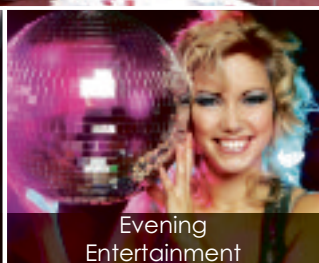



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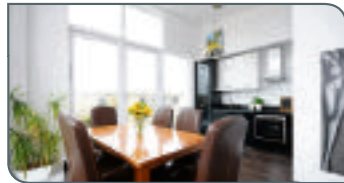
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## Blackheath & Greenwich 020 8297 8800



### Farnsworth Court, SE10

2 bedroom penthouse

**£610,000**

Leasehold

- » Two bedrooms    » Penthouse    » Fitted kitchen
- » Two bathrooms    » 24hr concierge    » Secure parking

## Blackheath & Greenwich 020 8297 8800



### Norman Road, SE10

1 bedroom flat

**£1000 pcm**

£231 pw

- » One bedroom    » Open plan    » Close to DLR
- » Ground floor    » Wood floors    » Modern development



Properties to Let

## Surrey Quays & Rotherhithe 020 7237 6767



### Jelico Point, SE16

3 bedroom flat

**£445,000**

Leasehold

- » Three bedrooms    » Two bathrooms    » Modern development
- » Close to river    » Separate fitted kitchen    » Secure parking

## Surrey Quays & Rotherhithe 020 7237 6767



### Michaelangelo, SE16

2 bedroom flat

**£1350 pcm**

£312 pw

- » Two bedrooms    » Allocated parking    » Fitted kitchen
- » Laminate floors    » Loft space    » Close to amenities



Properties for Sale

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## Docklands & Canary Wharf 020 7537 9859



### Anchorage Point, E14

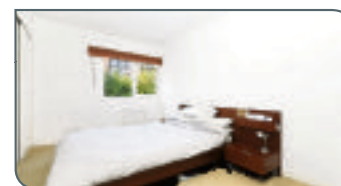
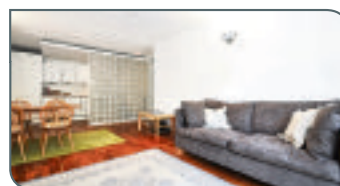
Two Bedroom Flat

**£625,000**

Leasehold

- » Two bedrooms
- » River views
- » Leisure facilities
- » Underground parking
- » Concierge
- » Third floor

## Bow & East London 020 8980 7431



### Florfield Passage, E8

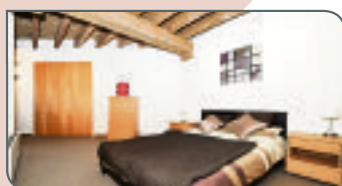
One Bedroom Flat

**£380,000**

Leasehold

- » One bedroom
- » Warehouse conversion
- » Courtyard
- » Juliette balcony
- » Great location
- » First floor

## Docklands & Canary Wharf 020 7537 9859



### Port East, E14

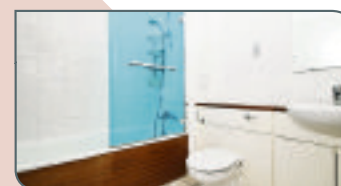
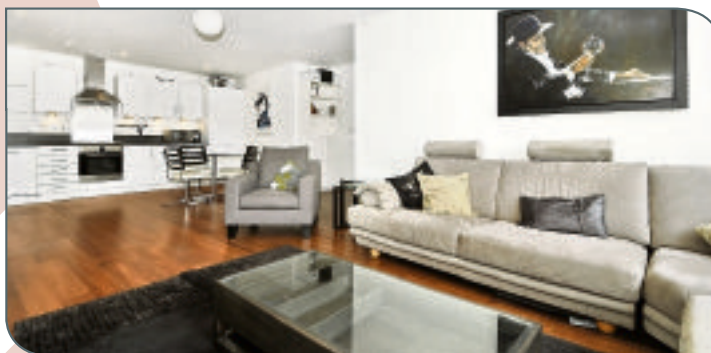
One Bedroom Flat

**£1950 pcm**

£450 pw

- » One bedroom
- » Warehouse conversion
- » Balcony
- » Close to Tube
- » Concierge
- » Dock views

## Bow & East London 020 8980 7431



### Leamore Court, E2

Two Bedroom Flat

**£1575 pcm**

£363 pw

- » Two bedrooms
- » First floor
- » Concierge
- » Two bathrooms
- » Great location
- » Balcony

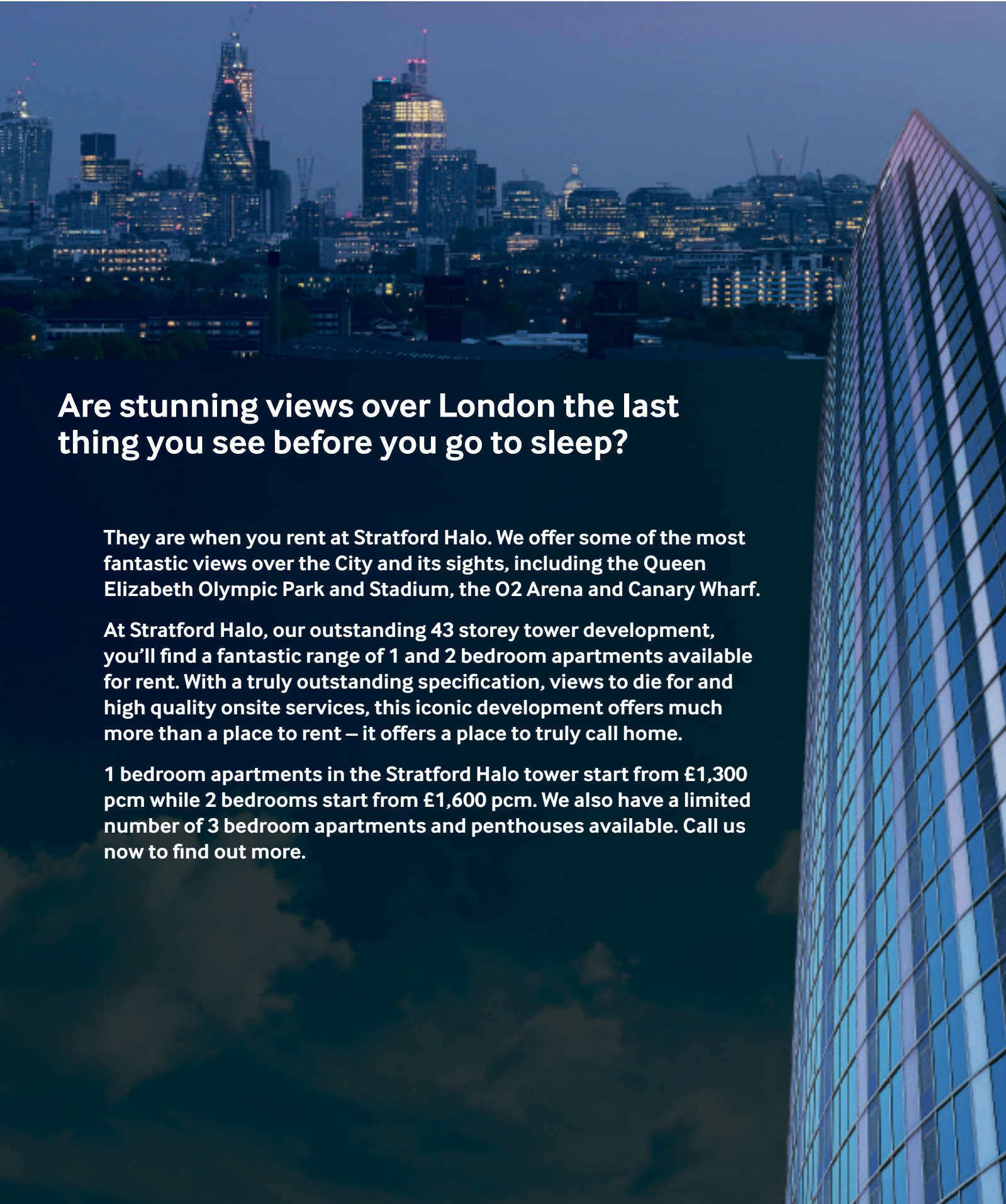


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Properties for Sale



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At Stratford Halo, our outstanding 43 storey tower development, you'll find a fantastic range of 1 and 2 bedroom apartments available for rent. With a truly outstanding specification, views to die for and high quality onsite services, this iconic development offers much more than a place to rent – it offers a place to truly call home.

1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.

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## DOCKLANDS &amp; SURROUNDS

020 8981 3331

**Mile End, E3**

W.J.Meade are pleased to offer this three bedroom, mid-terrace, Victorian house within the Tredegar Square Conservation Area. Arranged over 1234sq ft with two receptions, eat-in kitchen, two bathrooms and storage cellar. Retaining many original details the property also has a private East facing garden. Ideally situated for Mile End station, close to Victoria Park and surrounding amenities.

**£699,995 F/H****Stepney, E1**

W.J. Meade are delighted to offer for sale as sole agents this impressive double fronted period house set within this unique, quaint private cul-de-sac. The many outstanding features include living/dining room with designer open plan kitchen, twin aspect sash windows, wooden flooring, utility room with WC, first floor bathroom, two double bedrooms. Walking distance to Stepney Green underground station and close to local shops and amenities.

**£585,000 F/H****Bethnal Green, E2**

W.J. Meade are pleased to offer for sale a three bedroom maisonette located within 0.5 miles of Hoxton and Bethnal Green underground stations. Set over the first and second floors of a brick-built low rise block, the property features a fitted kitchen, separate reception, West facing balcony, WC, separate bathroom, gas central heating (untested), double glazing and entryphone system. Situated close to Columbia Road Market, Shoreditch and London Fields.

**£295,000 L/H****Bethnal Green, E2**

W.J Meade are pleased to offer for let this well presented two double bedroom, top floor apartment overlooking the Regents canal and Wenington Green. Two bathrooms, fitted kitchen opening to a large reception, balcony and allocated parking. The property benefits from gas central heating and security entry phone. Well situated close to Victoria Park, Bethnal Green and Mile End stations. Ideal for Professional sharers and available from the beginning of August.

**£380 pw****Mile End, E3**

W.J.Meade are delighted to offer for sale this one double bedroom flat within a three storey Victorian conversion situated in the popular Driffild Conservation area. This apartment is located close to Victoria Park and Mile End Road tube station benefitting many local shops and amenities. The property is offered on a chain free basis.

**£285,000 L/H****Bow, E3**

W.J.Meade are pleased to offer this two bedroom apartment on the second floor of a modern block. Arranged over 550 sq ft, with open plan kitchen to reception and fitted bathroom. Situated close to Devons Road and Bow Church DLR stations. Chain free.

**£219,950 L/H****Bow, E3**

W.J.Meade are pleased to offer this first floor two bedroom apartment in a modern block. Open plan kitchen to reception, fitted bathroom and gas central heating (untested). Situated close to Devons Road and Bow Church DLR stations. Chain free.

**£209,950 L/H****Mile End, E3**

W J Meade are pleased to present this beautiful three storey Georgian townhouse on a desirable residential turning opposite Mile End tube station. Arranged with two double bedrooms; through living room with varnished floorboards and cast iron fireplace with marble surround; large kitchen/diner with French windows leading directly into pretty landscaped garden; and period roll top style bathroom suite. Available immediately; offer to let unfurnished but includes large built in wardrobes and loft space.

**£440 pw**

## STRATFORD &amp; ROYAL DOCKS

020 8221 8161

**Wanstead, E11**

Stunning five bedroom detached house refurbished to a very high standard with an ultra modern feel. Located in this particularly quiet turning close to Wanstead High Road with all its shopping and amenities, along with Wanstead Golf Course and Bowling Club. The property comprises large entertaining area, kitchen/diner, five bedrooms, three bathrooms and two reception rooms arranged over three floors. Also benefiting from a summer house.

**O.I.E.O £1,000,000 F/H****Stratford, E15**

Bringing to the market this bright and spacious two bedroom apartment situated in the heart of Stratford. The apartment benefits from double glazing, en-suite to the master bedroom, modern fitted kitchen and allocated parking.

**£299,950 L/H****Beckton, E16**

W J Meade are delighted to offer for sale this deceptively large four bedroom house. The property benefits from an open plan lounge / kitchen, downstairs W/C, double glazing and gas central heating. This property is also situated in a quiet cul-de-sac along with Gallons Reach Shopping Village and the London City Airport.

**£300,000 F/H****Plaistow, E13**

Rare opportunity to acquire this three/four bedroom house with on-site commercial premises, a large deceptive storage space along with covered parking. This space has been used for running a family business for many years with the bonus of living on-site, although it could have many applications.

**£420,000 F/H**
[www.wjmeade.co.uk](http://www.wjmeade.co.uk)

# A vibrant future

**Read on »**

 Wear fashion  
from Westfield  
Fashion / Page 68


Last year's Olympics were the start of the story as east London continues to blossom in the wake of their legacy

## Games were a false dawn but we're on track

### LOCAL ECONOMY

Casino has gone from strength to strength as East End regenerates, writes **Rob Virtue**

**W**hile last summer's Olympics drew global headlines, the major event for Aspers casino, just a few yards outside the Park, came some months later.

Sixteen of the world's greatest poker stars gathered in the venue at the very top of Westfield Stratford City. They had each paid \$125,000 to take part.

It was in March and Aspers was hosting four major poker events in the space of a few weeks. By far the most prestigious event was the aforementioned Party Poker Premier League

where hotshots battled it out over six gruelling days.

In the end, after an epic battle, the UK's all-time leading money winner Sam Trickett was pipped to the post by Wall Street powerhouse and hedge fund manager Dan Shak who made a crazy bet his opponent just couldn't get away from.

It was Aspers' Usain Bolt moment because, as has been the case for much of east London, the Olympics have proved to be a false dawn.

Despite this, Aspers, which opened in December 2011, has enjoyed a



Facilities at Aspers include a luxurious bar. Above, David Hasselhoff appeared at the casino this month

fantastic start to life. General manager Richard Smith said: "It was clear from the moment we opened on December 1, 2011, Aspers was going to exceed all our expectations at a pace that was nothing short of astounding."

"Attendances went off the chart with over 30,000 customers passing through our doors within the first weekend of trading."

Early projections suggested about 300 staff would be hired but the casino

now has more than 600 employees and it's still growing. Its facilities are also being expanded following the upgrade of the poker room in January to become London's biggest card room.

Mr Smith said: "I can say with confidence that the Aspers Stratford business model has broken the casino mould."

"Initially I was concerned it had been a case of beginner's luck, but our casino

proposition has proven to delight our customers time and time again and 18 months on the site continues to grow and flourish into a business we can all be extremely proud of."

A mixture of star appearances – David Hasselhoff attended earlier this month – and big wins for members has kept the customers coming back. The future's bright for Aspers and Stratford, it would seem.

Go to [aspersstratford.co.uk](http://aspersstratford.co.uk).

## WIN a weekend stay at Staybridge Suites in Stratford to get a feel for this lively area



**T**he Wharf has teamed up with Staybridge Suites London – Stratford City to offer one lucky reader and a guest a luxury weekend stay in one of the hotel's studio suites.

Situated at the heart of Europe's largest urban shopping mall, Westfield Stratford City, Staybridge is ideally located for exploring the area and offers breathtaking views of the Queen Elizabeth Olympic Park and Stadium.

As one of the stars of TripAdvisor's 2013 Travellers Choice Awards, the all-suite hotel offers travellers a special experience, creating a home-like environment for extended stay (seven nights plus) business and leisure guests.

The winner of the prize will get the chance to experience the best of the hotel, including the on-site Bodycraft Beauty Therapy suite where they will enjoy a complementary Swedish massage treatment for two.

Guests of Staybridge Suites London – Stratford City can easily explore this lively location, which hosted last year's Olympics.

The hotel is ideally located just a five-minute walk from the new

Queen Elizabeth Olympic Park and Stratford Tube, Railway and DLR stations, which connect to King's Cross in just seven minutes or Oxford Circus in 20.

The hotel has 162 rooms, including 44 signature one-bedroom suites and 99 Studio Suites.

All suites include an ensuite bathroom, a king-sized bed, a fully-equipped kitchen complete with: refrigerator, microwave, cookware and dishwasher, an ergonomically designed workspace with complimentary Wi-Fi and an LCD television with cable and Apple TV.

Guests also have access to an on-site 24-hour Fitness Centre, Bodycraft Beauty Therapy and additional facilities including an on-site self-laundry room and 24-hour room service.

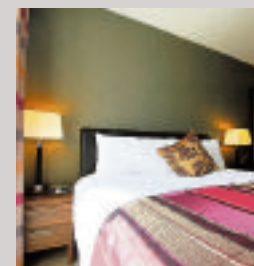
Staybridge Suites London – Stratford City is the ideal place for leisure and business travellers who want all the comforts of a hotel room and the convenience of being close to Canary Wharf and the City rolled into one.

For more information about the hotel or to make a booking, contact 0871 423 4948 or go online to [staybridge.com](http://staybridge.com).



The view from Staybridge Suites London – Stratford City

### HOW TO ENTER



■ For a chance to win just answer this simple question: How many rooms does the hotel have?

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**STRATFORD, E15**  
**£312.00 pw**

Situated in a quiet turning yet walking distance of tube and DLR stations is this 3 good sized Bedroom house with Bathroom, Reception and well appointed Kitchen. Also benefits from gas C/H, Dble glazing and rear Garden. Available furnished now to working tenants only.



**STRATFORD, E15**  
**£290.00 pw**

Located in the heart of Stratford close to the Station and shopping centre is this 2 double Bedroom apartment with balcony, 2 Bathrooms, spacious Reception open plan to fitted Kitchen. Available furnished now to working tenants only.



**STRATFORD, E15**  
**From £280,000**

A choice of 3 houses currently being constructed with completion anticipated for late August. In a quiet turning, convenient for the town centre with its station and shops the accommodation comprises 2x3 Bedroom, 2 Bathroom houses and one 2 Bedroom house.



**STRATFORD, E15**  
**£279,950**

This 3 Bedroom house is now sold and we urgently require similar houses. If you have a 2 or 3 Bedroom house for sale, then please call us immediately so we can assist in its sale. (If you are currently in a sole agency agreement then please be aware of the terms of the agreement as to instruct us may incur you in two fees.)



**STRATFORD, E15**  
**£250.00 pw**

Letting now agreed on this purpose built one Bedroom apartment in the heart of Stratford close to the shopping Centres and stations. The apartment came furnished with a spacious Reception and fitted Kitchen. Similar properties required for waiting professional tenants.



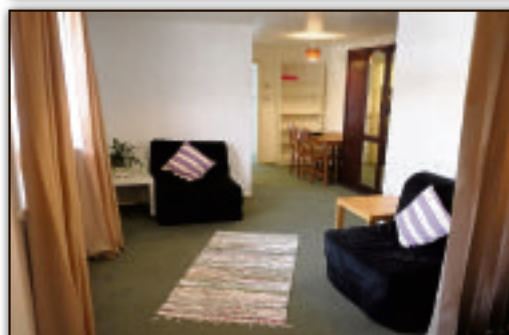
**STRATFORD, E15**  
**£253.00 pw**

Letting now agreed on this well situated 2 Bedroom house with off road parking. Within reach of Stratford Town centre with its station and bus terminal, the accommodation also comprises Reception, Kitchen, Bathroom and Garden. Similar houses wanted for waiting tenants.



**STRATFORD, E15**  
**£250,000**

Lower ground floor 3 Bedroom purpose built flat situated in a popular location convenient for the town centre with its shops and stations. Accommodation comprises an open plan Reception/fitted Kitchen, 3 double Bedrooms, Bathroom and plenty of storage space.



**WEST HAM, E15**  
**£165,000**

A purpose built ground floor flat in a low rise ex local authority built block situated very close to West Ham station. An ideal first time purchase or investment buy, this property comprises a large Studio Room with sleeping/living areas, separate Kitchen and Bathroom. Sold as seen with furniture, this is a chain free property and an opportunity not to be missed.

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# PROPERTY

Wharf

Canary Wharf's leading property guide



Embrace the neon hues with these bright pieces

P22

Get Gothic in Woolwich with release of six homes

P21

# 3

of the best properties available in Docklands

P20



## Firm to sort out snags with on-site presence

Lettings company vows to pull out all stops at 21 Wapping Lane **Page 20**



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# 3 OF THE BEST

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Berkeley Tower, E14

A three-bedroom flat in Westferry with three bathrooms, a balcony, two parking spaces and a concierge service.

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## Spend more



**Guide: £550,000**  
Ability Place, E14

This spacious two-bed has two bathrooms and two balconies as well as under floor heating and leisure facilities on site.

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## Spend less



**Guide: £249,999**  
Aegon House, E14

A one-bed on the Isle of Dogs with good access to the Wharf via the DLR. Features spacious rooms and storage.

email4property.co.uk



For more properties on sale now in London, go to [stirlingackroyd.com](http://stirlingackroyd.com)



# Why we're going to have agents on site

## New lettings firm wins big contract and pledges to do things differently

**Beth Allcock**  
@wharf.co.uk

**M**ore than a decade of experience in the construction sector has laid the foundation for John Morley to set up a new luxury lettings management company in east London.

And business has started with a bang, after his firm Johns&Co was appointed as sole agent to The Ballymore Group and tasked with marketing the developer's 21 Wapping Lane scheme, launched this week.

Boasting a range of one, two and three-bedroom apartments and suites to rent – as well as a fitness club, health spa and restaurant – his firm has launched a show apartment to give potential buyers an insight into Wapping life.

John insists his company will “give tenants the luxury they deserve” – aside from its marketing role.

This includes basing agents, tenancy

co-ordinators, client and company accounts and a development team on site as part of a concierge service to tackle any issues east London's new residents may encounter.

“This is unique to my firm,” said John, who previously worked for Ballymore both in London and Egypt. “Other lettings management companies don't do it. We have the model and it is a one-stop-shop on site. Generally, when a tenant moves in, they are forgotten about until there is a problem. We don't want them to be forgotten about – we want them to walk past the unit every day and we want to get to know them – everyone will be happier for it.”

“From a tenant's point of view, they



**John Morley founded Johns&Co after more than 10 years in the lettings industry**

## What does your firm offer?

**“We have the model and it is a one-stop-shop on site. We don't want tenants to be forgotten, we want to get to know them.”**

**John Morley**

have got a person here every day of the week on site and landlords have the peace of mind that, should there be a problem, they don't need to call a call centre and it can be dealt with as quickly as you can imagine.”

The first residents at 21 Wapping Lane will be able to move in at the start of the New Year.

By marketing the properties before completion, John said there was a dual benefit – landlords are guaranteed a tenant while rental customers have the “financial breathing space” to prepare for their move.

“It's a tough market,” he said. “Small agencies need to make money from day one or they will go bust.”

“Either they do go bust or they get bought out by a big agency and big agencies are more focussed on money, not the more personal side of business.”

## FACTFILE

### 21 Wapping Lane

- Comprises one, two and three bedroom apartments.
- Rent will range from £315 to £2,300 per week.
- 18 storey development will be Wapping's tallest building.
- Development boasts a health spa, state of the art fitness club, cafe/restaurant and a private cinema.
- 24-hour concierge and security.
- Secure underground car park.
- Barclays Cycle Hire docking station.
- Luxury interior finishes and stunning views.
- Five-minute walk to Wapping Overground station, with an eight-minute commute to Canary Wharf

I feel by having a core team based at a particular site we can become a very big company very quickly, as well as maintaining a local feel.”

The Johns&Co scheme and on-site team will be rolled out to other Ballymore developments, including Canary Wharf's New Providence Wharf.

For further information go to [johnsandco.com](http://johnsandco.com).

Left, the development will be Wapping's tallest building Right, a show home interior to give Johns&Co clients an idea of what they will be renting



# Live in this Gothic paradise

LUXURY gothic-style properties in an area steeped in military history have been put on the market in Woolwich.

This summer sees the release of a group of six duplex and triplex apartments at the former Royal Military Academy.

Formerly the living quarters of British army officers dating back to the 18th century, the buildings have been transformed into one, two and three-bedroom flats.

In keeping with the site's architectural heritage, the first two-bedroom triplex apartment features mullioned windows spanning more than 10sqm over two floors, offering panoramic views over The Academy's parade ground and cricket pitch.

Coffered ceilings allow natural light to flood in while glass balustrades, galleried bedrooms with en suites and oak kitchens add touches of grandeur.

Danny Durkan, executive chairman of Durkan Estates, said: "Transforming the living quarters

of British officers who served from the mid-19th century into modern, stylish triplexes and duplexes that appeal to today's buyers has been a real labour of love and we're delighted with the results.

"These grand apartments present an unrivalled opportunity in the area and fantastic value for money.

"The scale of these unique architectural designs means buyers won't have to compromise on space or style, which are often at a premium in London."

An on-site private fitness suite, concierge services and video door entry add modern touches to the academy's old-school appeal.

The £50million regeneration development is also within easy access of DLR services at Woolwich Arsenal station, a walk of less than 20 minutes away.

A two-bedroom triplex apartment at The Academy costs £460,000.

Call 0203 689 7823 or go to [theacademywoolwich.co.uk](http://theacademywoolwich.co.uk)  
**Beth Allcock**



By Dawn Sandoval

## Should I use an agent or sell myself?

**Q** With technology so freely available and everything continuing to move online, I'm wondering if it's worth considering trying to sell my property myself. Agents' fees are rather high. Do you think it's possible to cut out the middle man and do it myself successfully?

**A** Securing the right price for a property you are thinking of buying is critical. Are you paying too much and wasting thousands of pounds, or have you underbid making it more likely you'll be gazumped by another buyer? Marketing your property for sales is perfectly within your capabilities but the question is, are you the best person to do this?

An estate agent's knowledge



Agents invest heavily in marketing properties they are given to sell

of the local area, the type of properties for sale within it and the potential demand will allow them to calculate your property's value pretty accurately.

An agent will already be in contact with a substantial number of potential buyers who have already specified their criteria. It is unlikely that you will be able to market your property this effectively.

With an agent, your property is likely to be advertised through a number of channels, on the internet, via dedicated websites and major property portals as well as in local or national newspapers and magazines.

Agents should also be expert in presenting your property at viewings, matching the requirements of the buyer with what's on offer.

They are also experienced in managing the demands of solicitors and buyers and negotiating the price to make sure you get what you want.

In short, it is expensive but probably worth the money.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk).



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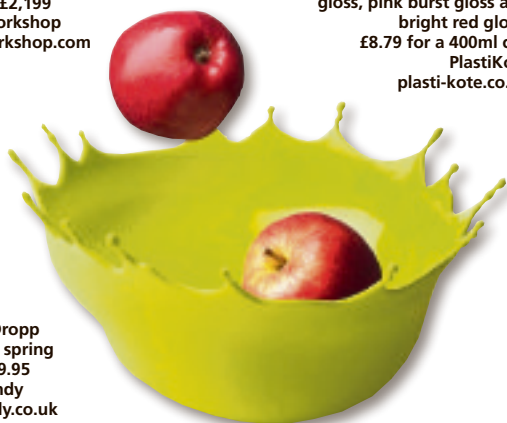
# neon BRIGHT

Don't be shy with design – even if it's only a touch of colour. **Gabrielle Fagan** finds some pieces that shout loudly



Tom Foolery sofa in Pure Cherry, £2,199  
Sofa Workshop  
sofaworkshop.com

Paint used on vases is PlastiKote twist and spray colour range (orange gloss, pink burst gloss and bright red gloss)  
£8.79 for a 400ml can  
PlastiKote  
plasti-kote.co.uk



Menu Dropp bowl in spring leaf, £29.95  
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 Aerial photography looking towards Ludgate Broadway

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# Chase Evans



**No. 1 West India Quay, E14 £685,000 L/H**

Two bedroom, two bathroom apartment on the 23rd floor of the iconic No. 1 West India Quay located just moments from Canary Wharf with its array of shops, bars and restaurants. Superb views through floor to ceiling windows, allocated parking and 24 hour concierge.

Canary Wharf 020 7515 1000



**St Davids Square, E14 £599,995 L/H**

Three bedroom, two bathroom, 2nd floor riverside apartment measuring approximately 1,043 sq ft with large terrace and corner balcony offering direct views over the river Thames to Greenwich. Popular development with 24 hour concierge and leisure facilities.

Docklands 020 7510 8444



**Baltimore Wharf, E14 £550,000 L/H**

Spacious two bedroom, two bathroom apartment on the fifth floor of this dockside development conveniently situated next to Crossharbour DLR and within walking distance of Canary Wharf. Wood flooring, large, private balcony, 24 hour concierge and a fully staffed leisure facility.

Pan Peninsula 020 7536 7900



**Pan Peninsula, E14 £425,000 L/H**

One bedroom, 10th floor apartment with wood floors, comfort cooling, marble bathroom and an East facing balcony. Pan Peninsula is within walking distance of Canary Wharf and boasts superb on-site facilities including a fully staffed fitness suite, private cinema and dockside restaurant.

Pan Peninsula 020 7536 7900



**Boardwalk Place, E14 £370,000 L/H**

2nd Floor apartment of approximately 595 sq ft with a large double bedroom, spacious reception room, balcony and allocated parking space. Boardwalk place is ideally located just moments from Canary Wharf's business district and surrounding transport links.

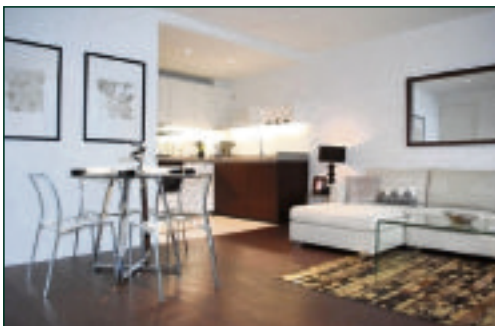
Canary Wharf 020 7515 1000



**Bow Central, E3 £239,995 L/H**

Fantastic, one bedroom property with balcony, situated in this sought after, gated development ideally located close to excellent transport links including Mile End and Bow Road tube stations and Bow Church DLR, allowing easy access to Central London, the City and Canary Wharf.

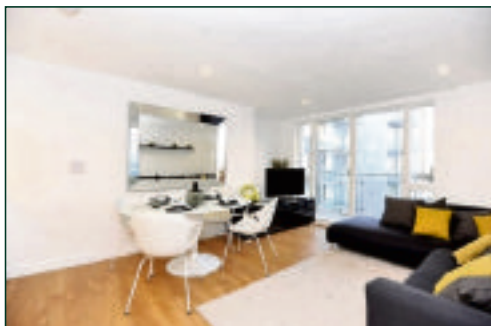
Docklands 020 7510 8444



**Baltimore Wharf, E14 £500 pw**

Superb two double bedroom, two bathroom apartment set in this modern dockside development. This property offers a spacious reception room with fantastic luxury furnishings, a fully integrated kitchen, luxury bathrooms and private balconies.

Pan Peninsula 020 7536 7900



**Caspian Wharf, E3 £365 pw**

Luxury, two double bedroom, two bathroom apartment situated on the 3rd floor of this fabulous Berkeley Homes development. The property offers wooden flooring, fully equipped kitchen, balcony, designer furnishings and 24 hour concierge service.

Docklands 020 7510 8444



**Waterside Park, E16 £300 pw**

A newly built one bedroom apartment located within easy walking distance of Pontoon DLR station. The property offers designer furnishings and a good sized balcony with views of the river Thames and Canary Wharf.

Canary Wharf 020 7515 1000

## Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

## Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

## Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

## Head office and Property Management

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### Kara Court, Caspian Wharf, E3

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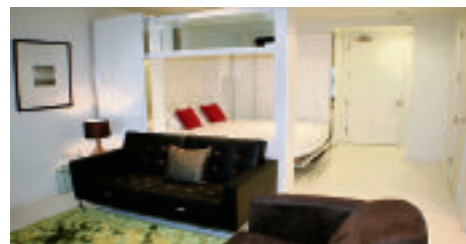
### Ferguson Close, E14

- A two bedroom, one bathroom raised ground floor apartment
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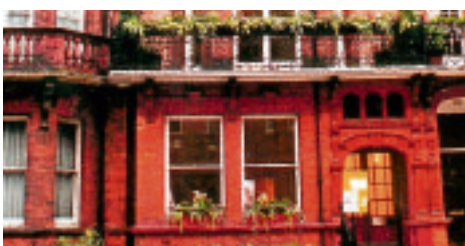
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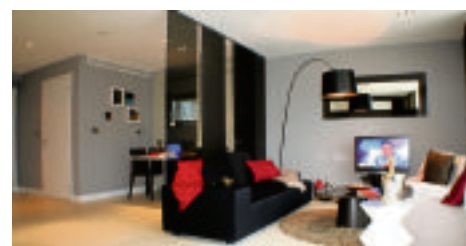
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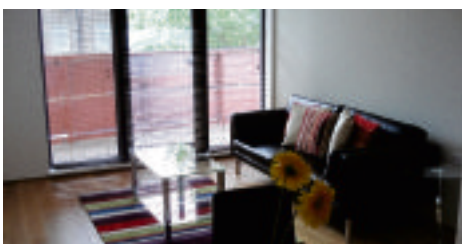
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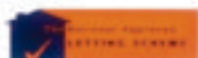
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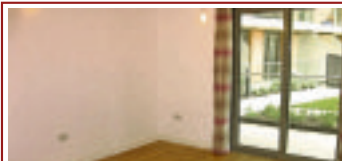
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Leasehold



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- Balcony
- Secure parking

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Leasehold



#### Victoria Wharf, E14

- Penthouse
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- Two bathrooms

£769,950

S/O/F



#### Ionian Building E14

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- Top floor
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Leasehold

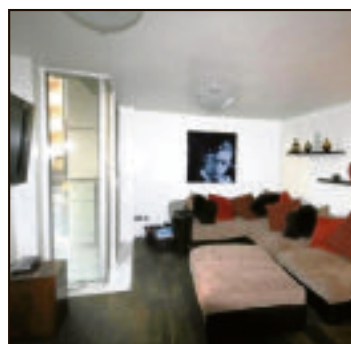


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- Wood flooring

- Dock & Wharf views
- Secure parking

- Fully furnished
- Close to amenities

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- Furnished

- Front & rear gardens
- Two bathrooms

- Close to Mudchute DLR
- Quiet location

**£420 p/w****Pan Peninsula, E14**

- One bedroom apartment
- Ideal for Canary Wharf

- Prestigious development
- Fully furnished

- Leisure facilities
- High specification

**£440 p/w****Napier Avenue, E14**

- Four bedroom townhouse
- Off street parking

- Rear patio garden
- Garage

- Fully furnished
- Walking distance to DLR & pier

**£570 p/w****RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS****www.hollandproperties.co.uk**

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### Iona Tower, Ross Way, E14

- One bedroom
  - Residents roof terrace
  - Day time concierge
  - Close to Canary Wharf
- £310 per week**



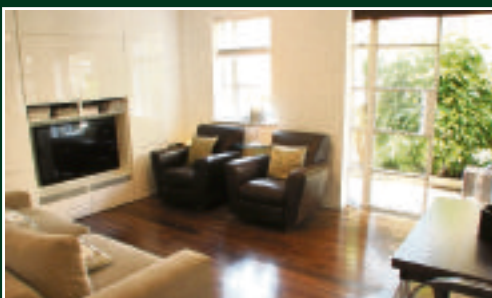
### Gainsborough House, Cassilis Road, E14

- Large one bedroom
  - Fully furnished
  - Close to Canary Wharf
  - 24 hour concierge
- £350 per week**



### Settlers Court, Virginia Quay, E14

- Two bedroom apartment
  - Two bathrooms
  - Allocated parking
  - Close to East India Quay DLR
- £375 per week**



### The Water Gardens, Limehouse, E14

- Two double bedrooms
  - Secure parking
  - Furnished or unfurnished
  - Close to Canary Wharf
- £390 per week**



### Zenith Building, Limehouse, E14

- Two double bedrooms
  - Two bathrooms
  - Two private balconies
  - Allocated parking
- £405 per week**



### Dundee Wharf, Limehouse, E14

- Two double bedrooms
  - Direct river views
  - New carpets throughout
  - Freshly painted throughout
- £495 per week**



### Aegon House, Crossharbour, E14

- One double bedroom
  - Excellent location
  - Investment opportunity
  - Separate kitchen
- £249,999**



### Ionian Building, Narrow Street, E14

- One double bedroom
  - Desirable development
  - Two balconies
  - Secure parking
- £340,000**



### Boardwalk Place, Canary Wharf, E14

- One double bedroom
  - Immaculately presented
  - Secure parking
  - Excellent location
- £379,999**



### Welles Court, Garford Street, E14

- Two double bedrooms
  - Top floor
  - Ideal location
  - Secure parking
- £424,995**



### Elsa Cottages, Galsworthy Avenue, E14

- Four double bedrooms
  - Freehold
  - Good condition
  - Kitchen/dining area
- £425,000**



### Medland House, Limehouse, E14

- Three double bedrooms
  - Limehouse DLR
  - Investment opportunity
  - Private terrace
- £495,000**

96 Three Colt Street, Limehouse, London, E14 8AP  
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£59,995 - £74,995

Pod or Studio student rooms located near 4 Universities and good transport links. 8.3-9% assured yield for 5 years.



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£54,995 - £74,995

Pod or studio student rooms located opposite Liverpool's main station, within 12 mins walk of all universities in the area.



**Parking Space, E14**  
£120 PCM

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*\* Terms and conditions apply*



**Leman Street, E1**  
£923 pw

2 bed 2 bath luxury apartment set in a restored Edwardian building and finished to a high standard.



**Beaufort Park, NW9**  
£170,000 - £320,000

Brand new Studio and 2 bed apartments with high standard facilities. Surrounded by Mediterranean style boulevard and landscaped grounds.



**Warwick Road, W14**  
£1,200,000

2 bed 2 bath apartment located nearby Kensington High Street and multiple tube stations. Underground parking, Residents Gym.



**Wards Wharf Approach E16**  
£460,000

3 Bed 2 bath apartment located along river Thames with unrestricted views. Includes 2 Parking spaces and gym.

We are **looking for more properties** in the Canary Wharf, Docklands and surrounding areas in London.

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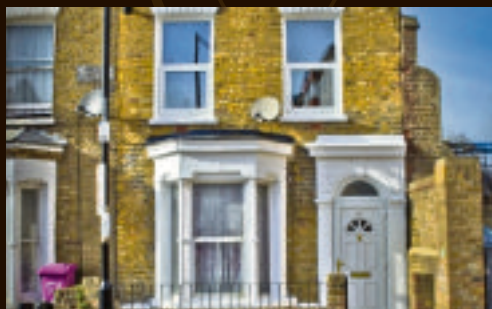
## Markhouse Road, E17 - £235,000 - Sold on the 3rd viewing

Strawberry Park are delighted to bring to the market this 2 double bedroom first floor ex-warner property. Located on the Markhouse Road area, this property is a short walk to Blackhorse Road Station and local amenities. Property is currently undergoing a full refurbishment boasting all mod cons and will be finished to the highest of standards.



## Peartree Lane, Wapping, E1W - £689,950 - Under offer within 3 weeks

Beautifully presented town house in a quiet cul-de-sac location in Wapping E1W. The large open reception offers lots of space and natural light leading through to the kitchen which is fully fitted and offers access to private rear garden.



## Oban Street, E14 - £279,950

2 Double Bedroom top floor apartment refurbished to extremely high standard.

## Canary Central, E14 - £329 per week

575 sq ft 1 bed newly decorated furnished apartment in private gated complex.

## New Providence Wharf, E14 - £995 per week

3 bedroom 3 bathroom top floor apartment with river views and parking.



## More Properties Urgently Required

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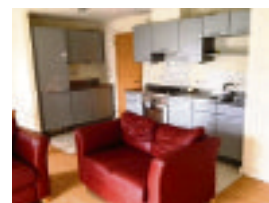
RESIDENTIAL

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**Royal Quay, E16**

- Large Three Bedroom Penthouse
- Fully Fitted Modern Kitchen
- Three Private Balconies
- Secure Underground Parking
- Energy Efficiency Rating C

**£430,000 Leasehold****North Woolwich, E16**

- Offered Chain Free
- Two Bedroom First Floor Apartment
- Converted Victorian Pump House
- Open Plan Kitchen
- Energy Efficiency Rating C

**£189,950 Leasehold****Galleons Lock, E16**

- Offered Chain Free
- Third Floor Two Bedroom & One Bathroom
- Fully Fitted Kitchen With Granite Worktops
- Private Balcony With Views Over London
- Energy Efficiency Rating B

**£250,000 Share Of Freehold****Thamesmead, SE28**

- Two Bedroom & Two Bathroom Penthouse
- Offered Chain Free
- River Facing Private Balcony
- Close To Local Amenities
- Energy Performance Rating D

**£155,000 Leasehold****Galleons Lock, E16**

- Offered Chain Free
- Three Bedrooms & Two Bathrooms
- Rare Duplex Apartment
- Private Balcony With Views Over The Dock
- Energy Efficiency Rating C

**£330,000 Leasehold****Royal Quay, E16**

- Three Bedroom & Two Bathroom Penthouse
- Open Plan Fully Fitted Modern Kitchen
- Terrace & Balcony Area
- Secure Underground Parking
- Energy Efficiency Rating C

**£425 PW Fully Furnished****Galleons Lock, E16**

- Available Beginning Of August
- One Bedroom Top Floor Flat
- Communal Parking
- Close To Local Amenities
- Energy Efficiency Rating C

**£215 PW Furnished Or Unfurnished****Galleons Lock, E16**

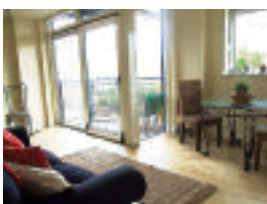
- Available Now
- Raised Ground Floor
- One Bedroom Apartment
- Open Plan Fitted Kitchen
- Energy Efficiency Rating C

**£230 PW Fully Furnished****Western Gateway, E16**

- Available Beginning Of August
- Authentic Warehouse Conversion
- One Bedroom & Two Bathrooms
- Large Mezzanine Storage Area
- Energy Efficiency Rating E

**£330 PW Fully Furnished****Royal Docks, E16**

- Available Now
- Two Bedroom Two Bathroom Apartment
- On-site Gym
- Allocated Parking
- Energy Efficiency Rating B

**£320 PW Fully Furnished****Galleons Lock, E16**

- Available Now
- First Floor One Bedroom Apartment
- Open Plan Fitted Kitchen
- Private Balcony
- Energy Efficiency Rating C

**£210 PW Fully Furnished****Royal Quay, E16**

- Three Double Bedrooms & Two Bathrooms
- Large Private Balcony
- Fully Fitted Kitchen
- Secure Underground Parking
- Energy Efficiency Rating C

**£395 PW Fully Furnished****Barking, IG11**

- Available End Of July
- First Floor One Bedroom Apartment
- Balcony Facing Canal
- Secure Allocated Parking
- Energy Efficiency Rating B

**£200 PW Fully Furnished****Greenwich, SE10**

- Two Bedroom Apartment
- Fully Fitted Kitchen
- Private Balcony
- Off Street Parking
- Energy Efficiency Rating B

**£350 PW Furnished Or Unfurnished****Galleons Lock, E16**

- Available Now
- One Bedroom Apartment
- Close To Local Amenities
- Off Street Parking
- Energy Efficiency Rating D

**£210 PW Fully Furnished****Galleons Lock, E16**

- Fifth Floor Two Bedroom Apartment
- Fully Fitted Kitchen With Integrated Appliances
- Balcony With Views Of London
- Secure Underground Parking
- Energy Efficiency Rating C

**£265 PW Fully Furnished**

## THIS WEEK'S LETTING HOTSPOTS

This week we have registered applicants looking to rent in:

**Galleons Lock**  
**Tradewinds Court**  
**Capital East**  
**Britannia Village**

If you have a property to let in any of the above please call us.

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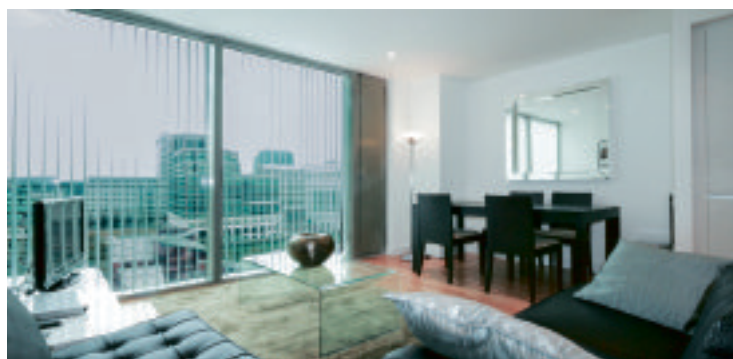
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## Caspian Wharf · E3

One Bedroom Apartment | Available Now | Fully Furnished | Near Multiple Transport Links | On site Gymnasium

£ 280 p/w



## The Landmark · West Tower E14

1 bedroom, 1 bathroom Apartment | Available Now | Balcony | 16th Floor | Fully Equipped Gymnasium

£ 370 p/w



## Denison House - Lanterns Court E14

A large 1 bedroom apartment with southerly views located on the seventh floor in the popular Lanterns Court development a stones throw from Canary Wharf. comprising 1 large double room, generous entrance hallway and modern open plan kitchen reception room leading to the balcony. The property has the added benefit of coming with an underground parking space. Early viewing is highly recommended, Long Leasehold. **Asking Price £ 360,000.00**



## The Landmark - West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

**Asking Price £ 360,000.00**



## Constable House · Canary Central E14

2 bedroom, 2 bathroom apartment | available Now | Near South Quay DLR | Walking distance to Canary Wharf

£ 425 p/w



## Streamlight Tower · E14

Stunning 2 bedroom, 2 bathroom apartment | available Now | Close to Blackwall DLR

£ 470 p/w



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**SpacE1, E1**

**£250,000 L/H**

- Brand New Studio
- Balcony
- 24hr Concierge & gym
- Tower Gateway DLR

EPC - B



**Unex Tower, E15**

**£295,000 L/H**

- Off Plan opportunity
- 20th floor, One bedroom
- Completion 2015
- Cash investors only

EPC - TBC

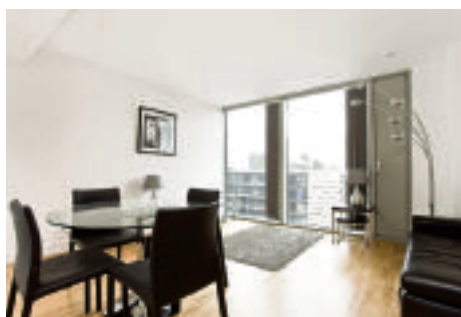


**Baltimore Wharf, E14**

**£330,000 L/H**

- Luxury Studio Suite
- 2nd floor, dock facing
- 24hr concierge & gym
- Crossharbour DLR

EPC - B



**Landmark West, E14**

**£375,000 L/H**

- One bed apartment
- 8th floor, 559sqft
- 24hr concierge & gym
- Heron Quay DLR

EPC - B



**Landmark West, E14**

**£385,000 L/H**

- One bed apartment
- 13th floor, 530sqft
- 24hr concierge & gym
- Heron Quay DLR

EPC - B



**Galaxy Building, E14**

**£425,000 L/H**

- Two bed, two bath
- 1071sqft, 6th floor
- Stunning river views
- Concierge, gym & parking

EPC - D



**Baltimore Wharf, E14**

**£459,000 L/H**

- Two bed apartment
- South facing balcony
- 24hr concierge & leisure facilities
- Crossharbour DLR

EPC - B

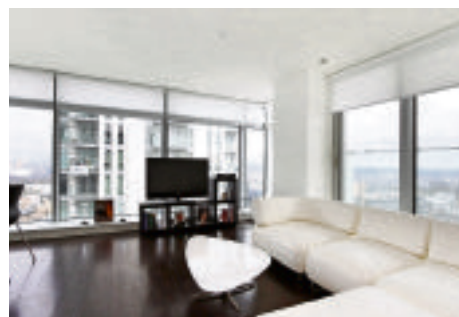


**Vanguard Building, E14**

**£500,000 L/H**

- Two bed, two bath
- Ground floor with balcony
- Popular development
- Secure parking

EPC - C



**Pan Peninsula, E14**

**£650,000 L/H**

- Two bed, two bath
- 29th floor luxury apartment
- Gym and 24hr concierge
- Close to DLR and Canary Wharf

EPC - C



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New Festival Quarter, E14

£260pw

- Brand new
- Studio apartment
- 24hr Concierge & Gym
- Langdons Park DLR



Aqua Vista, E3

£280pw

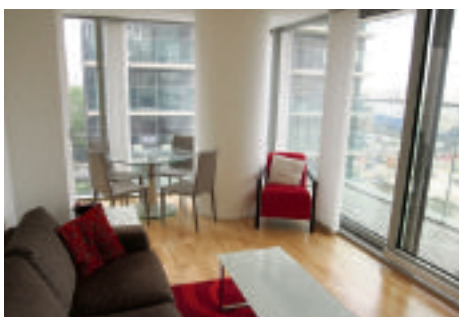
- One bedroom apartment
- Communal roof terrace
- Concierge service
- Langdons Park DLR



Indecon Square, E14

£300pw

- Luxury apartment
- One bedroom
- South Quay DLR
- Allocated parking



Landmark East, E14

£350pw

- Luxury apartment
- One bedroom
- 24hr Concierge & gym
- Heron Quay DLR



Matchmakers Wharf, E9

£370pw

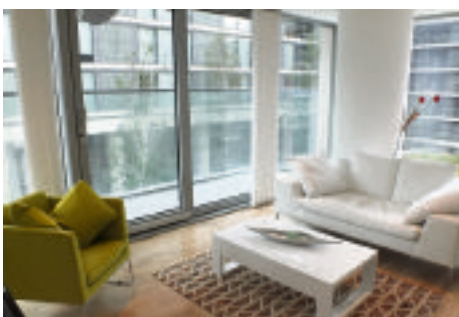
- Two bedrooms, two bathrooms
- Secure parking, large balcony
- 24hr Concierge & Gym
- Hackney Wick station



Victory Place, E14

£420pw

- One bedroom apartment
- Balcony
- Gym and 24 hour Concierge
- Canada Water Jubilee line



Landmark West, E14

£500pw

- Two bedrooms, two bathrooms
- Balcony & Parking
- Gym & Concierge
- Heron Quays DLR



Canary Riverside, E14

£750pw

- Two bedrooms, two bathrooms
- Balcony & Parking
- River views
- Canary Wharf DLR



Canary Riverside, E14

£1250pw

- Three bedroom, three bathroom
- 8th floor river views
- Parking & 24hr Concierge
- Westferry DLR

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### Discovery Dock Apartments, E14

£625,000 Leasehold

A very well-presented 926sq ft 1st floor 2 bedroom 2 bathroom apartment in the sought-after Discovery Dock East development. The property benefits from dock views from the reception & master bedroom, secure parking & full leisure facilities. EPC Rating: C



### Papermill Wharf, E14

£999,995 Share of freehold

A 2nd floor 1598sq ft 3 bedroom apartment located in this popular Limehouse development on Narrow Street. Features include: vaulted ceilings, river views and refurbished kitchen & bathrooms. Daytime portorage and secure parking included. EPC Rating: C



### Ontario Tower, E14

£285,000 Leasehold

A high-spec 374sq ft, West-facing 21st floor studio/suite apartment in the prestigious Ontario Tower at New Providence Wharf. The apartment benefits from excellent river & Canary Wharf views, 24 hour concierge, & very good on-site leisure facilities. EPC Rating: D



### West India Quay, E14

£975,000 Leasehold

A rarely available 25th floor 1350sq ft 2 bed 2 bath apartment in one of Canary Wharf's premier developments: No. 1 West India Quay. The property benefits from towering West-facing river & City views, secure parking & is offered chain free. EPC Rating: C

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## Augustine Bell Tower, E3

£500 per week

A beautiful penthouse apartment in this popular residential development close to Victoria Park and Bow Road tube stations. The apartment comprises 2 double bedrooms, 2 bathrooms, large reception with fully fitted open plan kitchen, private balcony boasting spectacular views of the City and a secure underground parking space. EPC Rating C



## Anchorage Point, E14

£495 per week

A modern apartment which benefits from a spacious reception with balcony and direct river views, 2 double bedrooms, 2 bathrooms (one en suite), fully fitted kitchen, reception room and allocated parking space. The development itself has a porter, gym and swimming pool and is located walking distance from Canary Wharf and all its amenities. EPC Rating D



## New Atlas Wharf, E14

£675 per week

A beautifully finished apartment in this desirable riverside development. The property comprises 3 double bedrooms (master with en suite bathroom) additional family bathroom, separate kitchen and spacious reception with private balcony enviably boasting views of the river and secure parking. The development benefits from a 24 hour porter and residents gym. EPC Rating B



## Lewis House, E14

£435 per week

A beautifully finished apartment ideally located for access to Canary Wharf and all its amenities. The apartment has been completely modernised throughout and comprises 2 double bedrooms, master with en suite bathroom and access to the balcony, modern bathrooms spacious open plan kitchen with state of the art appliances, balcony and wooden floors throughout. EPC Rating E

### Dundee Court, E14

£375 per week

A well presented two bedroom apartment in the well located Dundee Court. The property features reception with wooden flooring, fitted kitchen, two double bedrooms, bathroom and ample amounts of storage. EPC Rating C

### Studley Court, E14

£295 per week

A modern one bedroom apartment located within this popular riverside development. The property benefits from a balcony and allocated parking space and is located a short walk away from local shops and amenities, as well as East India DLR station for easy access into Canary Wharf and the City. EPC Rating C

### Ontario Tower, E14

£395 per week

A modern 16th floor apartment in this prestigious development close to Canary Wharf. The apartment benefits from across Canary Wharf and the City from the floor to ceiling windows and state of the art fixtures and fittings. The development has a 24 hour porter and leisure facilities. EPC Rating C

### Welles Court, E14

£395 per week

A superbly situated one bedroom property available within walking distance to Canary Wharf and Westferry DLR station. This modern apartment is well maintained and the development has lift porter and covered parking. EPC Rating B

### Victoria Wharf, E14

£650 per week

A beautiful apartment on the very desirable Narrow Street in Limehouse. The apartment boasts unsurpassed river views 2 large double bedrooms and is ideally located close to Limehouse DLR for access across London. EPC Rating B

### Plymouth Wharf, E14

£370 per week

A spacious and recently refurbished apartment in this popular private residential development. The property benefits from 2 double bedrooms, 1 bathroom, spacious reception with access to a private balcony boasting direct river views. The development is located walking distance to Island Gardens DLR and the Greenwich Foot Tunnel. EPC Rating C

### Ferndown Lodge, E14

£300 per week

A modern apartment in this residential development located walking distance to Island Gardens DLR. The comprises 2 double bedrooms one bathroom open plan kitchen reception and allocated secure parking. EPC Rating B

### Cold Harbour, E14

£615 per week

A charming three bedroom split level apartment. The building was originally the very first River Police Station in London and has many original features such as exposed brick work and wooden floors. The property comprises 3 double bedrooms, 2 bathrooms river facing balcony and Canary Wharf facing roof Terrace. EPC Rating D

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*Felicity J. Lord*



#### BLISSETT STREET, SE10

**£785,000**

A beautifully appointed, two storey, three double bedroom Victorian terrace in West Greenwich, featuring a generous rear garden, sought after location and a favourable, user friendly layout with a first floor bathroom.

GREENWICH  
020 8293 8555  
Ref: FJL027103853  
EPC - B



#### CHRISTCHURCH WAY, SE10 **£485,000**

Accommodation boasts three double bedrooms, contemporary bathroom, modern kitchen, reception room, conservatory, front garden, south facing rear garden, off street parking and side access.

GREENWICH 020 8293 8555  
Ref: FJL027103193 | EPC - B



#### DEALS GATEWAY, SE13 **£285,000**

A beautifully presented, light and airy two bedroom apartment located on the fifth floor, and benefitting large double glazed windows with dual aspect, and on-site porter, leisure facilities, DLR and convenience store.

GREENWICH 020 8293 8555  
Ref: FJL027101891 | EPC - B

#### ROPE STREET, SE16 **£340,000-£360,000**

A large one bedroom, upper ground floor apartment close to South Dock marina with private terrace and windows to three sides adding to the light and airy feel of this home. The property benefits from being within walking distance to all transport links.

SURREY QUAYS 020 7237 2320  
Ref: FJL113200730 | EPC - C



#### GLOBE WHARF, SE16 **£500,000 - £520,000**

A two bed, two bath warehouse conversion on the fourth floor of this popular converted Rice Mill, the property benefits from exposed brickwork, separate kitchen and allocated parking as well as en-site gym and use of swimming pool.

SURREY QUAYS 020 7237 2320  
Ref: FJL113200846 | EPC - C



#### ODESSA WHARF, SE16

**£580,000 - £600,000**

A unique two bedroom, two bathroom apartment set along a quiet pathway close to the River Thames, accessed via own front door this amazing apartment benefits from high ceilings, original features and a private pavillion for resident's use.

SURREY QUAYS  
020 7237 2320  
Ref: FJL113200827  
EPC - C



#### THEATRO TOWER, SE8 **£460,000**

A stunning two / three bedroom, two bathroom split level penthouse apartment as part of this modern development close to Greenwich Village, benefitting from allocated secure parking and concierge.

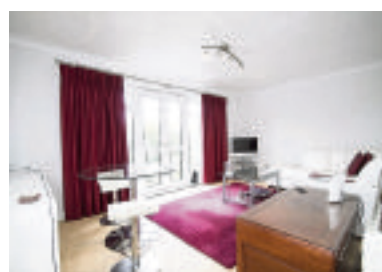
SURREY QUAYS 020 7237 2320  
Ref: FJL113200842 | EPC - C

#### PAGES WALK, SE1 **£875,000**

A stunning collection of only nine beautifully appointed three and four bedroom townhouses just moments from fashionable Bermondsey Street. Internally these homes will be finished to a very high specification all with private gardens.

SHAD THAMES  
020 7089 6490  
Ref: FJL027604371

ONLY ONE  
REMAINING



#### RIDDLE COURT, SE5

**Guide Price £350,000 - £375,000**

A modern well presented two bedroom two bathroom apartment conveniently located next to Burgess Park and the local amenities on the Old Kent Road. The property also benefits from an allocated parking space.

SHAD THAMES 020 7089 6490  
Ref: FJL027604372 | EPC - C



#### COPPERFIELD STREET, SE1 **£725,000 - £750,000**

Located on a quiet back street in the heart of Borough is this gorgeous period property offering immense character throughout. To avoid disappointment, early viewing is highly recommended. private balcony, concierge and secure parking.

SHAD THAMES 020 7089 6490  
Ref: FJL027604391 | EPC E

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF  
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WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER  
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,  
185 Marsh Wall, Canary Wharf,  
London, E14 9SH

*Felicity J. Lord*



**CITY TOWER, E14**  
**£289,995**

This immaculate one bedroom apartment come with a stylish contemporary interior and a lovely east facing aspect with views over private gardens. This well located apartment is within a 10 minute walk to Canary Wharf and comes with 24 hr concierge.

**CANARY WHARF**  
0207 987 6776  
Ref: FJL026904142  
EPC - B



**BLYTH CLOSE, E14**  
**£349,995**

This unusually large two double bedroom freehold house comes with well proportioned rooms and a good sized south facing private garden. Positioned within this quiet cul-de-sac with off street parking. Be quick to view this attractive property.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904097 | EPC - C



**CYCLOPS WHARF, E14**  
**£499,995**

An outstanding two double bedroom apartment with far reaching westerly views across The River Thames and towards the London skyline. Immaculately presented throughout, this well proportioned 7th floor property is a must see.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026903773 | EPC - C

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Due to a high level of demand we require properties across all price ranges for waiting buyers. Call us now and maximise your price.

**CANARY WHARF** 0207 987 6776



**NEW ATLAS WHARF, E14**  
**£449,995**

Positioned on the 3rd floor of this popular river side development is this well proportioned two double apartment with direct views across The River Thames. This contemporary styled property is within walking distance to Canary Wharf.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904139 | EPC - C



**BARNSDALE AVENUE, E14**  
**£499,995**

Open Day 27th July. This immaculate three double bedroom family sized house comes with a lovely east facing garden and a useful integral garage. With well proportioned rooms and a contemporary interior this house is in perfect condition throughout.

**CANARY WHARF**  
0207 987 6776  
Ref: FJL026904143  
EPC - C



**ST DAVID'S SQUARE, E14**  
**£489,995**

We have recently sold this 3 bedroom apartment in St David's Square at the full asking price and have several buyers waiting for similar properties.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904100 | EPC - C

**PENINSULAR COURT, E14**  
**£374,995**

This beautifully presented apartment is spread over the top two floors of this well located private gated development. With well proportioned south facing rooms this contemporary styled apartment also comes with parking.

**CANARY WHARF**  
0207 987 6776  
Ref: FJL026903908  
EPC - C



**PIERHEAD LOCK, E14**  
**£439,995**

This well proportioned apartment has bright easterly views towards The River Thames. With spacious rooms and a contemporary interior this conveniently located property also comes with two bathrooms, balcony and gated parking.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026903649 | EPC - C



**LANDMARK TOWER WEST, E14**  
**£600,000 to £630,000**

Offering incredible views from the 24th floor this well proportioned two double bedroom apartment in Landmark West Tower. Finished to a very high specification throughout and being within a few minutes walk from Canary Wharf.

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Estate Agents | Land & Development Consultants



PRICE  
REDUCTION

EPC  
Rating:  
C

## Naxos Building, E14

- £319,995
- One bedroom apartment
- Ground floor
- River view
- Leisure facilities
- Chain free



NEW INSTRUCTION

EPC  
Rating:  
B

## Naxos Building, E14

- £349,995
- One bedroom apartment
- 9th floor
- City & River views
- Open plan kitchen/lounge
- Chain free



NEW INSTRUCTION

EPC  
Rating:  
B

## Naxos Building, E14

- £419,995
- Two bedroom apartment
- 1st floor
- Balcony
- Leisure facilities
- Chain free



EPC  
Rating:  
C

## Aegon House, E14

- £299,995
- One bedroom apartment
- Stunning views over London
- Secure underground parking
- Immaculate condition
- Chain free



NEW INSTRUCTION

EPC  
Rating:  
B

## Indescon Square, E14

- £269,995
- Studio apartment
- Terrace
- Immaculate condition
- Great location
- Chain free



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# ALAN SELBY AND PARTNERS

Traditional values | A modern approach



## Denison House, E14

- £299,995
- One bedroom apartment
- Ground floor
- Great location
- 24hr concierge
- Gym facilities

EPC  
Rating:  
B

PRICE REDUCTION



## Naval Row, E14

- £259,995
- Two bedrooms
- Ground floor
- Refurbished
- Close to DLR
- Parking

EPC  
Rating:  
D

UNDER OFFER



## City Harbour, E14

- £689,995
- Three bedrooms
- Dock views
- 1350 sq ft
- Two balconies
- Two underground parking spaces

EPC  
Rating:  
C

UNDER OFFER



## Romford Road, E15

- £1,200,000
- Grade 2 listed
- Georgian Terraced House
- Four bedrooms
- South facing
- Off street parking

EPC  
Rating:  
D

NEW INSTRUCTION



## Seacon Tower, E14

- £499,995
- Two bedroom apartment
- Stunning views over London
- Excellent condition
- Leisure facilities
- Chain free

EPC  
Rating:  
C

UNDER OFFER

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Traditional values | A modern approach

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AND PARTNERS



EPC  
Rating:  
C

### Ocean Wharf, E14

- £425 Per Week
- Two Double Bedrooms
- Two Bathrooms
- Double Aspect River Views
- Available Now



### The Heron, EC2Y

- £485 Per Week
- Suite
- Solid Wood Flooring
- Stunning Views
- Leisure Facilities
- Available End of August



EPC  
Rating:  
C

### Jefferson Building, E14

- £390 Per Week
- Two bedrooms
- Fourth Floor
- Leisure Facilities
- Concierge
- Available Now



EPC  
Rating:  
C

### Langbourne Place, E14

- £325 Per Week
- Two Double Bedrooms
- Two Bathrooms
- Modern Gated Development
- Ground floor
- Available Mid-August '13



EPC  
Rating:  
C

### Millennium Drive, E14

- £350 Per Week
- Two Bedrooms
- Fully Furnished
- Fully Fitted Kitchen
- Real Hard Wood Flooring
- Available End of July

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## Westcombe Park Rd, Greenwich SE3

£1,995 per week

This eight bedroom Victorian house is set over four floors and has character and charm in abundance. 8 bedrooms, 6 bathrooms, 2 reception rooms, kitchen, conservatory, garden. Available furnished

[KnightFrank.co.uk/Lettings](http://KnightFrank.co.uk/Lettings)

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## Limehouse Wharf, Limehouse E14

£995 per week

Three bedroom apartment designed to the highest standard but retaining the warehouse character and features. 3 bedrooms, 3 bathrooms, reception room, open plan kitchen. EPC rating C. Available unfurnished

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## Langbourne Place, Nr Canary Wharf

£825 per week

Three bedroom duplex penthouse apartment to let with a South West facing balcony and views towards the Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, parking. Available furnished

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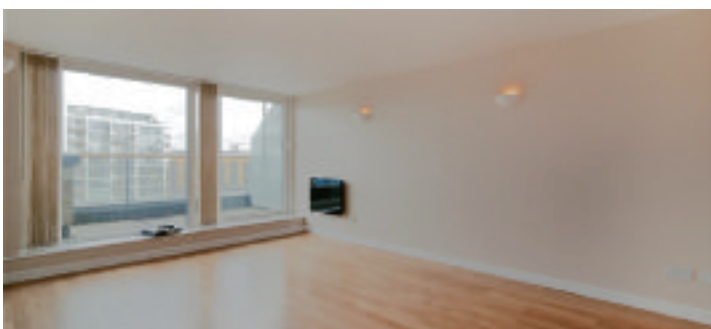
## New Atlas Wharf, Nr Canary Wharf E14

£750 per week

Spacious three bedroom apartment with large private terrace directly fronting the River Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, gym, parking. EPC rating C. Available furnished

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## Medland House, Limehouse E14

£650 per week

Spacious and modern three bedroom apartment situated close to Limehouse DLR and Narrow Street. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating D. Available furnished

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## Pan Peninsula, Nr Canary Wharf E14

£625 per week

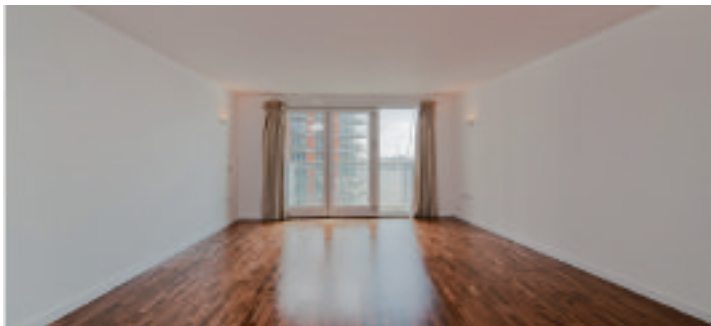
Modern apartment to let located on the 12th floor of a spectacular residential building. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, leisure facilities. EPC rating B. Available furnished

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# KnightFrank.co.uk



## New Providence Wharf, E14

£575 per week

Two bedroom apartment set within a luxury riverside development with views over the Thames towards the O2 arena. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, leisure facilities. Available unfurnished

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## Arnhem Wharf, Nr Canary Wharf E14

£550 per week

Two bedroom duplex apartment to let with three balconies and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available unfurnished

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## Ocean Wharf, Nr Canary Wharf E14

£525 per week

Three bedroom apartment to let located close to Canary Wharf and local DLR stations. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available furnished

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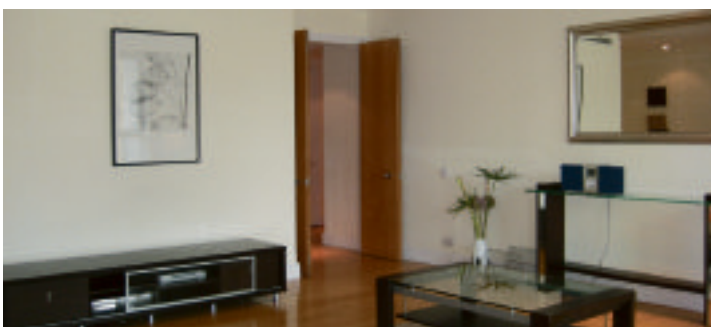
## Hudson House, Bow E3

£510 per week

Three bedroom apartment located in a canal side development and close to Langdon Park DLR station. 3 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating B. Available furnished

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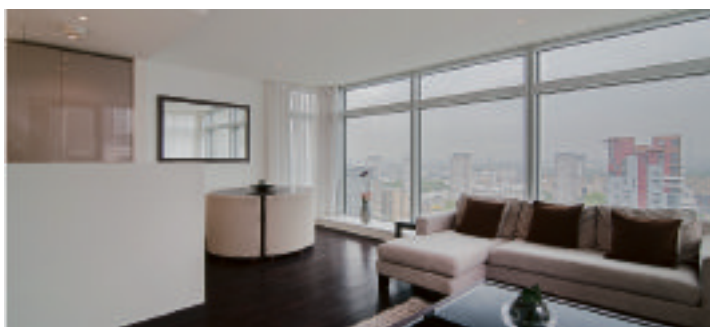
## Berkeley Tower, Nr Canary Wharf E14

£750 per week

Two bedroom apartment to let in the prestigious development of Canary Riverside. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating B. Available furnished

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## Pan Peninsula, Nr Canary Wharf E14

£600 per week

Modern two bedroom apartment to let located on the 21st floor. 2 bedrooms, 2 bathrooms, reception room, kitchen, balcony, concierge, leisure facilities. EPC rating B. Available furnished

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## Port East, Nr Canary Wharf, E14

£495 per week

Two bedroom second floor apartment set within an impressive warehouse conversion. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating E. Available furnished

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## West India Quay, Nr Canary Wharf E14

£500 per week

Unique one bedroom apartment featuring floor to ceiling windows with excellent views. Bedroom, bathroom, reception room, open plan kitchen, concierge. EPC rating B. Available furnished

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## Apollo Building, Nr Canary Wharf E14

£475 per week

Two bedroom apartment to let located within the Odyssey development with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. Available furnished

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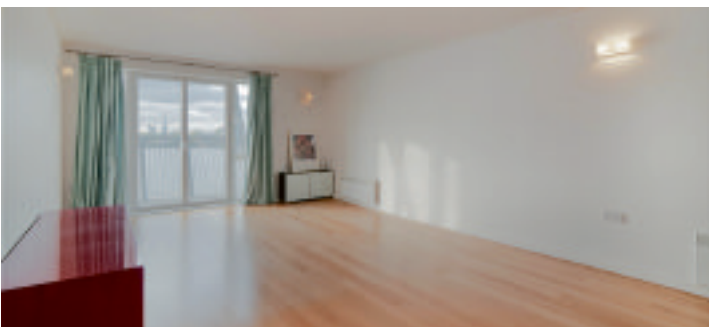
## Vanguard Building, Nr Canary Wharf

£460 per week

A good size two bedroom apartment with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating B. Available unfurnished

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## Naxos Building, Nr Canary Wharf E14

£445 per week

Bright two bedroom apartment located in the sought after development of Seacon Wharf. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, gym. EPC rating D. Available unfurnished

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## Berglen Court, Limehouse E14

£425 per week

Impressive two bedroom apartment to let in Limehouse located close to the DLR station. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking. EPC rating D. Available furnished

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## Undine Road, Nr Canary Wharf, E14

£380 per week

Two bedroom house in a peaceful setting close to Canary Wharf with excellent transport links. 2 bedrooms, bathroom, reception room, kitchen, parking, garden.

Available furnished

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## Hudson House, Bow E3

£370 per week

Two bedroom apartment located in a canal side development close to Langdon Park DLR. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating B.

Available furnished

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## Hallmark Court, Limehouse E14

£350 per week

Well presented two bedroom apartment to let located on the Limehouse Cut canal. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. EPC rating B.

Available furnished

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## Dundee Wharf, Limehouse E14

£385 per week

One bedroom apartment to let in a prestigious gated development with porter. Bedroom, bathroom, reception room, open plan kitchen, parking, gym. EPC rating E.

Available furnished

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## Forge Square, Nr Canary Wharf E14

£450 per week

Three bedroom apartment to let located on the Westferry Road under two miles from Canary Wharf. 3 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating B.

Available furnished

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## Bartholomew Court, Nr Canary Wharf

£325 per week

Spacious one bedroom apartment to let in the sought after development of Virginia Quay. Bedroom, bathroom, reception room, kitchen. EPC rating B.

Available furnished

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## Gainsborough House, Nr Canary Wharf £440 per week

Fantastic two bedroom apartment in the sought after Canary Central development. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. Available furnished

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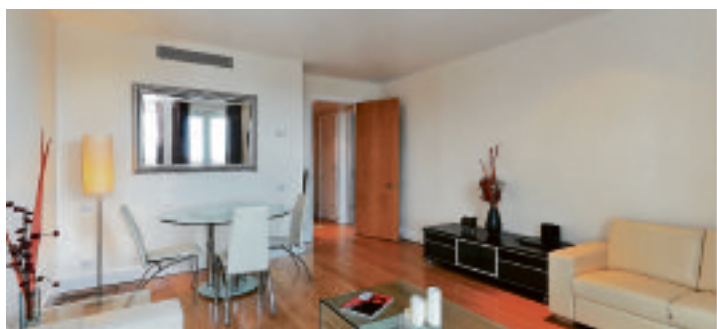


## Apollo Building, Nr Canary Wharf E14 £450 per week

Spacious two bedroom duplex apartment with large terrace ideal for entertaining. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating D. Available unfurnished

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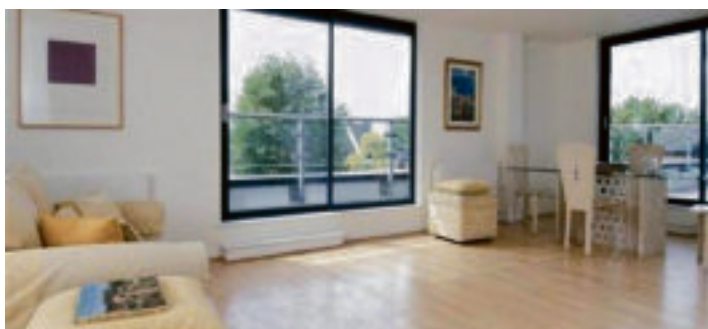


## Eaton House, Nr Canary Wharf E14 £440 per week

Fully furnished apartment located within one of Canary Wharf's most prestigious developments. Bedroom, bathroom, reception room, open plan kitchen, concierge, parking. EPC rating C. Available furnished

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## The Equinox, Nr Canary Wharf E14 £435 per week

Two bedroom penthouse apartment with roof terrace and amazing views. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating B. Available furnished

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## Switch House, Nr Canary Wharf E14 £410 per week

This two bedroom fourth floor apartment has been refurbished throughout. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, gym. Available furnished

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## Vicinity House, Nr Canary Wharf E14 £410 per week

Two bedroom apartment to let in the popular Storehouse Mews development. 2 bedrooms, bathroom, reception room, kitchen. EPC rating C. Available furnished

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## Forge Square, Nr Canary Wharf E14

£375 per week

Modern two bedroom apartment located on the Westferry Road under two miles from Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating B. Available furnished

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## Wheatsheaf Close, Nr Canary Wharf E14

£370 per week

Two bedroom apartment located close to Mudchute DLR with quick access to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating C. Available furnished

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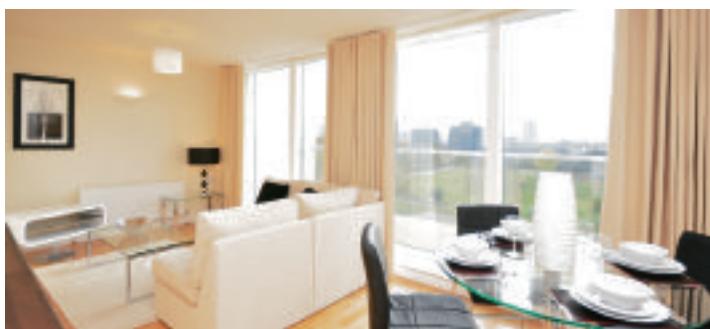
## Forge Square, Nr Canary Wharf E14

£350 per week

Contemporary two bedroom apartment located on the Westferry Road close to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen. Available furnished

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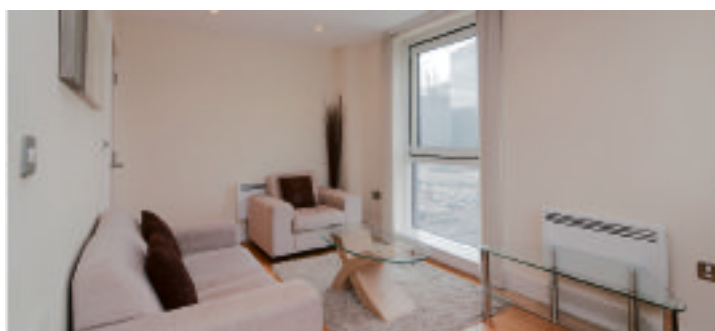
## Hallmark Court, Limehouse E14

£350 per week

Well presented two bedroom apartment to let in Silver Wharf. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, parking, concierge. EPC rating B. Available furnished

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## Wharfside Point, Nr Canary Wharf E14

£290 per week

Stylish high specification one bedroom apartment located close to Canary Wharf and transport links. Bedroom, bathroom, reception room, kitchen. EPC rating D. Available furnished

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## Coopers Close, Stepney E1

£250 per week

Superb one bedroom apartment to let in a sought after private development. Bedroom, bathroom, reception room, kitchen, parking, communal gardens. EPC rating E. Available furnished

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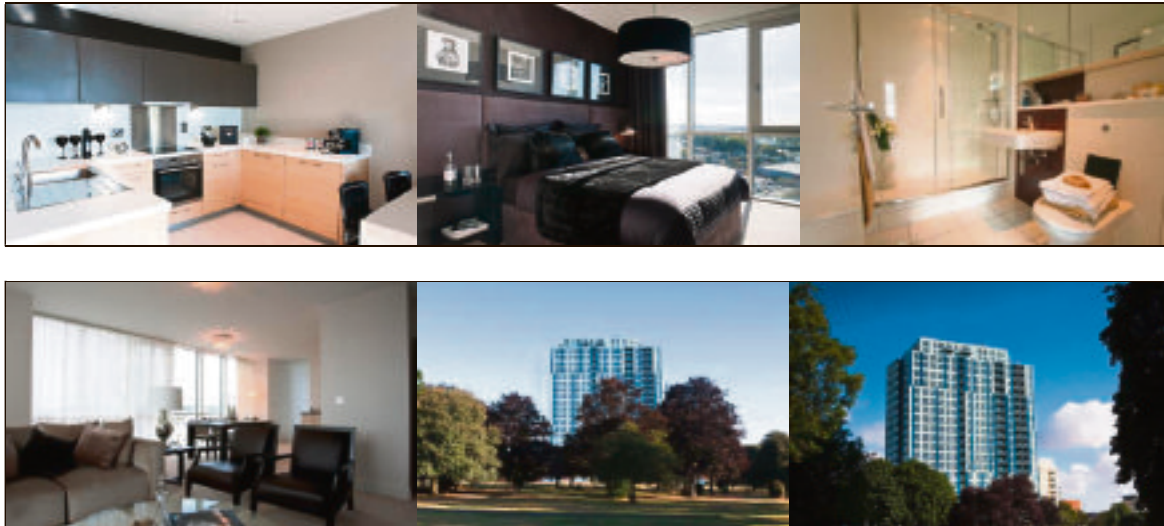


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### Stubbs Drive, SE16

This stunning double bedroom flat in Bermondsey is available mid July and is such a great standard and furnished in a minimal modern style. Located on the ground floor of a private residential block, within a peaceful and quiet development very close to South Bermondsey over ground station, which offers direct links to London Bridge in about 5 minutes.

**£255 per week - 1 bed**



### Prince Of Orange Court, SE16

Just added to the market is a stunning one bedroom flat in a converted pub in the heart of Canada Water which is available July 2013! The fantastic & spacious apartment boasts period features such as double height ceilings and enormous sash windows that have recently been refurbished.

**£345 Per Week - 1 bed**



### Nova Building, E14

Located on the first floor a secure development with a 24 hour concierge and residents' leisure facilities. The apartment boasts beautiful wooden flooring and is offered furnished with fully integrated modern kitchen. The spectacular river views and great size accommodation mean that this property will not be available for long. The property also offers you parking and unrestricted use of the leisure facilities.

**£325 Per Week - 1 bed**



### Canon Beck Road, SE16

This lovely property comprises two bedrooms, both a good size double, a lovely open plan living room modern kitchen & living room. Benefiting from beautiful sanded wooden flooring throughout & a recently refurbished kitchen and bathroom. Ideally located within a few minutes' walk from both Canada Water & Rotherhithe stations.

**£345 Per Week - 2 bed**



### Victoria House, SE16

An astounding quality apartment in Victoria House, part of the highly sought after Maple Quays development at Canada Water - moments from the station! This stunning & larger than average apartment has views over the private internal courtyard of Victoria House, and boasts over 799 square feet of space (not including balcony), and has great storage.

**£495 Per Week - 2 bed**



### United House, SE16

A fantastic two double bedroom, two bathroom apartment on the second floor of United House, situated at a very close walk from both Rotherhithe & Canada Water stations. The property is a very generous size, and offers allocated parking.

**£395 Per Week - 2 bed**



### Ontario Point, SE16

This gorgeous property is brand new, and so you have the opportunity of being the first lucky occupiers in this sumptuous apartment. The property boasts stunning views over the city skyline including Tower Bridge, the Shard, The London Eye & Westminster, comfort cooling and under floor heating and is located on the 14th Floor.

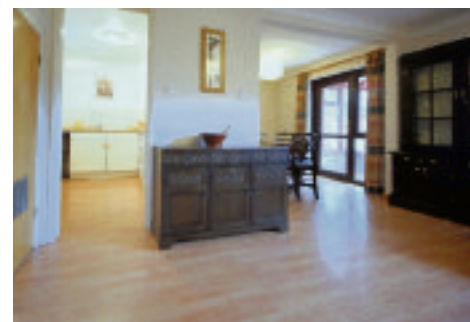
**£530 Per Week - 2 bed**



### Victoria House, SE16

A Stunning Two Bedroom, Two Bathroom Apartment on the second floor of Victoria House, one of the last phases in the award winning Maple Quays Development in the heart of Canada Water. Available immediately and is offered newly furnished to an excellent standard and includes a parking space. Call now to reserve this fantastic unit.

**£580 Per Week - 2 bed**



### Leydon Close, SE16

Metro Village are very proud to present this lovely three bedroom house in Canada Water, located at a short & easy walk to the station. There is a very large open plan living room & kitchen on the ground floor and a lovely conservatory leading to the garden too! Refurbished to a great standard and available immediately.

**£490 Per Week - 4 bed**

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

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- Sales
- Lettings
- Management
- Investments



**Locksons Wharf, Poplar, E14**

- 50% Shared Ownership
- Spacious Lounge
- Two Bedrooms
- 2nd Floor

**£129,995 Leasehold**



**Tollgate Road, Beckton, E6**

- Two Bedrooms
- 1st Floor
- One Bathroom
- Ideal For Investment

**£199,995 Leasehold**



**Westgate Apartments, Excel, E16**

- One Bedroom
- Fully Furnished
- Parking Included
- 24 Hour Concierge

**£265 Per Week**



**Aegean Apartments, Excel, E16**

- One Bedroom
- 24hrs Concierge
- Fully Furnished
- Available 01/09/13

**£270 Per Week**



**Dunnock Road, Beckton, E6**

- One Bedroom
- 3rd Floor
- One Bathroom
- Ideal For Investment

**£134,995 Leasehold**



**The Panoramic, Poplar, E14**

- One Bedroom
- Roof Terrace
- 9th Floor
- Leisure Facilities

**£264,995 Leasehold**



**Flagstaff House, Vauxhall, SW8**

- Two Bedrooms
- 13th Floor
- Fully Furnished
- 24hrs Concierge

**£510 Per Week**



**West Tower, Docklands, E14**

- One Bedroom
- 14th Floor
- Fully Furnished
- Bills Included

**£330 Per Week**



**West Tower, South Quay, E14**

- Two Bedrooms
- 22nd Floor
- 801 Sq Ft
- Secure Underground Parking

**£624,995 Leasehold**



**Goodhart Place, Limehouse, E14**

- Three Bedrooms
- Duplex Apartment
- 1500 Sq Ft
- Leasehold

**£749,995 Leasehold**



**Proton Tower, Docklands, E14**

- One Bedroom
- 15th Floor
- Fully Furnished
- Bills Included

**£320 Per Week**



**New Providence Wharf, Docklands, E14**

- Two Bedrooms
- 12th Floor
- Fully Furnished
- River Views

**£390 Per Week**

## DOCKLANDS REAL ESTATES

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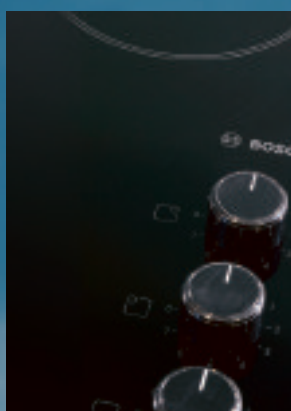
Not when you rent at Stratford Halo. There's a dedicated 24-hour on-site concierge service that will look after deliveries, order taxis and even sort out your dry cleaning.

1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.

## And is cooking your evening meal more of a disaster than a Delia?

You'll be cooking up a storm when you rent at Stratford Halo. Bosch and Indesit kitchen appliances come as part of our premium quality interior specification.

Our bathrooms feature Grohe fixtures and Laura Ashley tile accents within a boutique hotel inspired layout. While high quality wood engineered flooring runs throughout the main areas with fitted carpets in the bedrooms.



1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.

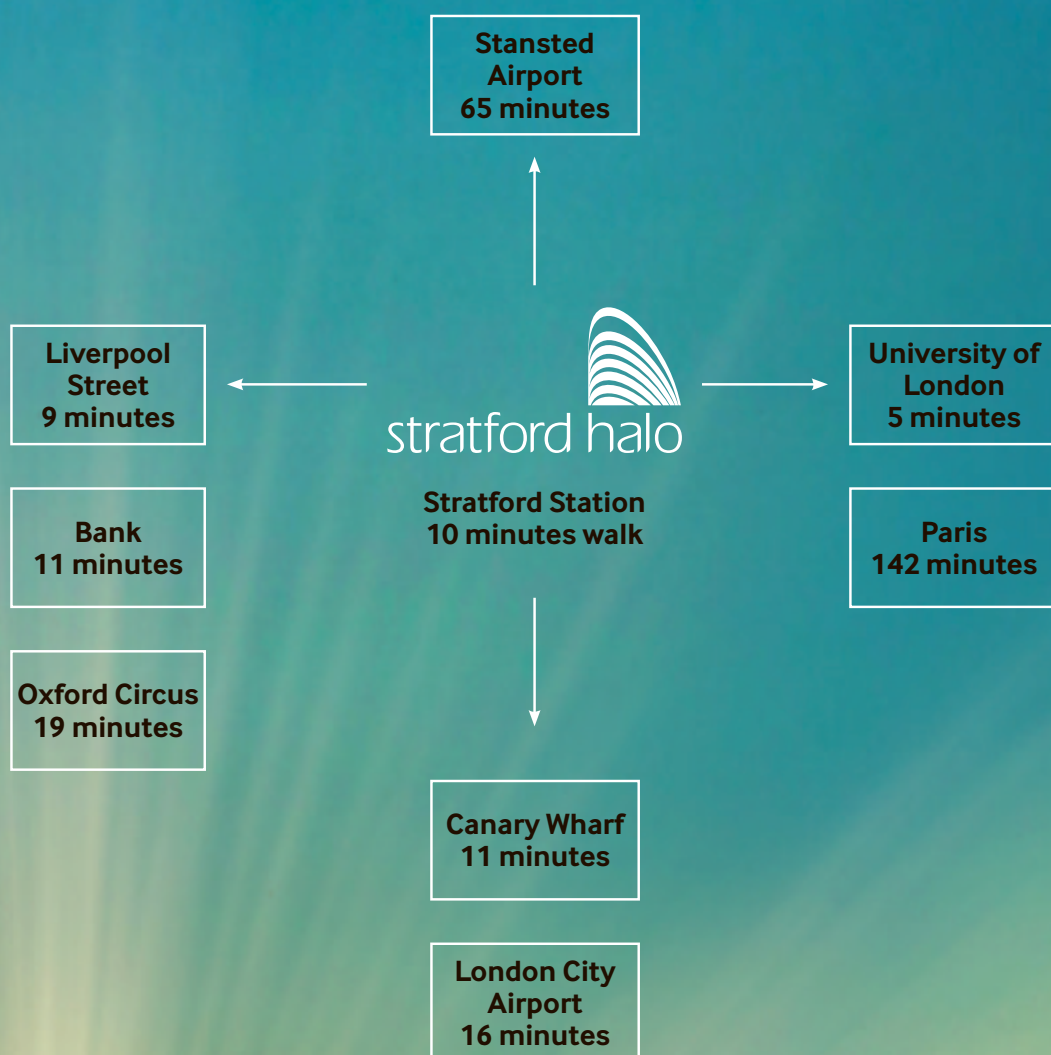
# Are stunning views over London the last thing you see before you go to sleep?

They are when you rent at Stratford Halo. We offer some of the most fantastic views over the City and its sights, including the Queen Elizabeth Olympic Park and Stadium, the O2 Arena and Canary Wharf.

At Stratford Halo, our outstanding 43 storey tower development, you'll find a fantastic range of 1 and 2 bedroom apartments available for rent. With a truly outstanding specification, views to die for and high quality on-site services, this iconic development offers much more than a place to rent – it offers a place to truly call home.

1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.

# At Stratford Halo you're pretty well connected



1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.